

STRONG



FITNESS
MAGAZINE

**MAKE
THIS
YOUR
YEAR!**

**LEAN, FIT &
ENERGIZED**

*Love
leg
day!*

**TONED &
STRONG
WITH ONE
ROUTINE**

**AMAZING
AMBER**

*HOW THIS
ATHLETE IS
CHANGING
THE GAME*

**+ GET HER BADASS
WORKOUT ON PG 37**

**THE ISSUE
OF IMPLANTS**

WHAT YOU
NEED TO KNOW

**A 5-DAY MEAL
PLAN TO
GIVE YOU A
BOOST**

JANUARY/FEBRUARY 2016 \$6.99



STRONGFITNESSMAG.COM

BCAAs – BACKED BY SCIENCE, & HIGHLY EFFECTIVE & DELICIOUS!

“Are BCAAs the Best Supplement you can take?”

INTELLIGENT DIETING SUPPORT

Caloric restriction, limiting carbs, increased cardio intensity; all essential for effective dieting, and all rapid ways to breakdown and flush away muscle. The muscle tissue breakdown that takes place when you're dieting reduces your metabolism and your ability to burn calories. Taking AMINOCORE feeds your muscles directly even while dieting and dramatically limits muscle deterioration. The net effect; you retain muscle, melt fat and maintain a higher metabolism. AMINOCORE the dieting secret you've been looking for.

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AMINOCORE has Instaclear™; a cutting-edge solubility technology to BCAA dosage administration. Until now, delivery of a 100% pure 45:30:25 ratio BCAA powder in a potent research directed level (8,180 mg), ideal for ANABOLIC activity, was next to impossible. Aside from being the purest Pharmaceutical-Grade BCAAs, our Instaclear™ process FLASH-FREEZE-DRIES our 45:30:25 BCAA powder to create a truly soluble and easily-mixed BCAA drink that absorbs in a truly liquid form.

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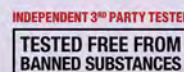
ALL BCAAs ARE NOT CREATED EQUAL!

When you're comparing one BCAA to the other, look closely at the formula – does it include glutamine passed off as real BCAAs? In contrast, the AMINOCORE label shows you precise BCAA amounts. Glutamine has its place, but it is not a Branched Chain Amino Acid (BCAA). AMINOCORE includes 8,180 mg of real BCAAs not glutamine. AMINOCORE is 100% PURE, FERMENTATION-DERIVED, PHARMACEUTICAL-GRADE, 45:30:25 ratio BCAAs. With added Ketoisocaproic

acid (KIC) to further enhance the buffering of lactic acid (muscle toxin) and increase the levels of L-Leucine at the site of muscle. AMINOCORE contains additional highly bioavailable B-Vitamins not only enhance the anabolic environment, they help to release additional metabolic energy.

THE BOTTOM LINE!

BCAAs (Branched Chain Amino Acids - Leucine, Valine and Isoleucine) are one of the most effective supplements you can buy. BCAAs improve and maintain your muscle tone like nothing else. Having more muscle than fat creates the most ideal physical shape. A greater degree of Lean Body Mass (LBM) elevates your metabolism and in doing so can increase the rate at which you burn through calories. Finally, a truly effective BCAA supplement that mixes perfectly and tastes exceptionally good.



AMINOCORE comes in 4 Flavors & Unflavored!

Available in two sizes:

44 servings and 111 servings.
Take 1 scoop with cold water every workout.



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MONICA WINN
BIKINI MODEL PRO



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- FORTIFIED WITH FATIGUE-FIGHTING Alpha K.I.C.
- LOADED WITH 7 FORMS OF VITAMINS B3, B6, B9 & B12!

AVAILABLE AT:



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jan/feb

Party time
is over.
Time to get
those gains.

FEATURES/ COVER STORIES

50 Love Leg Day

New year, new routine! Hone in on every weakness by training one leg at a time.

36 Amazing Amber

How this lifelong athlete is changing the game in fitness.

PLUS: We've got her exact workout for burning fat on page 38.

54 Fit But Flat?

If you've ever considered a boob job, you'll want to read this.

44 Energy Makeover

Feeling sluggish? This five-day meal plan and recipes will give you a boost.

66 Upper Body Upgrade

Train your shoulders, arms and abs like never before and get noticeably stronger by spring.

72 INSTANT MOTIVATION

A story of strength that will fill up your inspiration tank ASAP.

STRONG



FITNESS

24 Fit in a Flash

Turn your body into a fat-burning furnace in 30 minutes flat.

32 Own It

A step-by-step guide to the barbell hip thrust.

38 Harness Your Power

Train like a cover girl.

50 Strike a Balance

Toughen up your weaknesses by training one leg at a time.

60 Join the Club

The newest way to become a better athlete.

66 Stronger Than Yesterday

Carve a sick upper bod that's super strong.

76 Trainer Talk

Want to hit those goals? Our personal trainer gives you the tools.

NUTRITION

26 Buff Bites

The fiber-loaded food you should be eating, and how to make it into fries.

28 Get into Gear

Kitchen gadgets to make clean eating a breeze.

44 Eat for Energy

A weekday meal plan to rev your engines.

PLUS: Five new recipes!

64 Fast Fuel

Clean meal delivery services have gone gangbusters in fitness and we've got the 411.

HEALTH

54 The Issue of Implants

What do an insanely fit body and breastfeeding have in common? They can both result in a deflated chest. If you're thinking of implants, read this now.

MOTIVATION

36 Cover Athlete Insider

How Amber Dodzweit is getting back to her roots.

72 Get Inspired

CrossFit athlete Krystal Kantu is determined to be a champion, no matter what.



LEG-DAY UPGRADE
Lower body training that scores big results

74 Women to Watch

Three real women we couldn't help but notice.

78 STRONGCAMP CAPTURED

Get a glimpse of what went down with the ladies in Akwesasne, NY.

IN EVERY ISSUE

Editor's Note	12
Contributors	6
Advisory Board	8
You Said It	10
The Circuit	17
Gym Beauty	30



ON THE COVER

COVER MODEL AMBER DODZWEIT

PHOTOGRAPHY PAUL BUCETA

HAIR CHAD WOOD

MAKEUP LANA KRIZKI

WARDROBE SPORTS BRA FOREVER 21

SHORTS MODEL'S OWN

GET STRONGER



strongfitnessmag.com



Amber 2.0!

A day in the
life of our
cover athlete
(spoiler alert:
she doesn't
spend it all in
the gym).

Plus:

Get her tips for the best
workouts and waffles.

Don't miss our
behind-the-scenes
photos from our
shoot in LA.

Curly Creations

We can't stop
spiralizing! From
salads to soups and
even desserts, find
out our favorite ways
to get twisted in
the kitchen.



■ TIME TO GET MENTALLY FIT

Hey, not every
kind of exercise
is done in the
gym! These five
powerful practices
strengthen your
mental muscle.

■ HAPPY- MAKING WORKOUTS

Back off, Seasonal
Affective Disorder!
We've got science-
backed exercises
for improving your
mood and busting
winter blues.

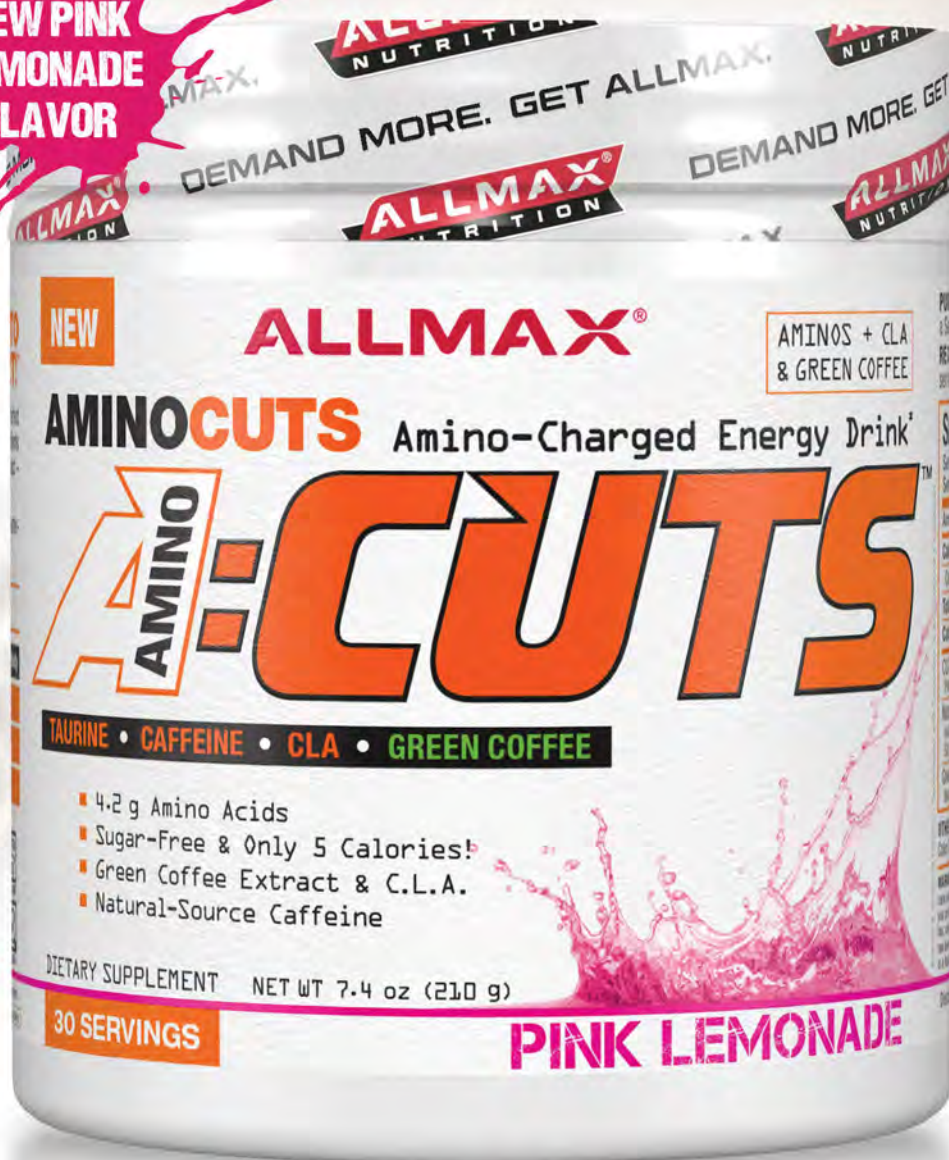
■ FIGHT THE FLU

Don't be the girl
that sneezes on
the weight rack.
Check out our
list of the best
immune-boosting
superfoods.
(Hope you like
mushrooms!)

ZUCCHINI PASTA PHOTO SHUTTERSTOCK.COM/AS FOOD STUDIO

NEW!

**NEW PINK
LEMONADE
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ENERGY, AMINOS & DIET!

AminoCuts could be the most delicious drink mix we've ever made. Perfect to enjoy anytime; easy-to-mix, full of Aminos and loaded with diet-friendly ingredients like natural-source Caffeine, Taurine, C.L.A. and Green Coffee extract – AminoCuts is ideal anytime you need an energy boost!

AMINOCUTS

USAGE CHART: Choose Your Time!

	Scoops	Pre-Cardio, Training or Physical Activity
Morning ☀	1 to 2	AM Boost, Morning Cardio, or
Mid-Day ☀	1	Mid-Day Boost or Training, or
Evening 🌙	1 to 2	Pre-Cardio or Exercise Class

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Piña Colada



Goji Berry Martini



Pink Lemonade

Quick & Delicious!

On your way to do some Cardio? Need a mid-afternoon "pick-me-up"? AminoCuts fits your life and your diet. Available in 3 mouth-watering flavors!



MEGHAN BURROWS, BSC, PTS, RTS

“Fast Food,” pg 64

Performance coach and recreation therapist in Surrey, British Columbia, Meghan knows the importance of proper nutrition as well as anybody. In addition to strength training, she also specializes in helping women use healthy eating to reach their goals.

Originally from the province of Ontario, Meghan moved to the west coast where she could turn her hobbies into a lifestyle. Backpacking and outdoor

sports are passions that she has been able to incorporate into her training and teaching style, thanks to BC’s scenic and mountainous landscapes.

For this issue, Meghan makes her editorial debut in an investigative piece on an emerging trend: pre-prepped, portion-controlled meals delivered right to your door. And in her expert opinion, this kind of service is more than just a fad. **“I believe that this trend is here to stay because our pace of life continues to speed up,”** she says. **“More and more people are making an effort to be mindful of their eating habits.”**



LANA KRIZKI, MAKEUP ARTIST
“COVER, ‘JOIN THE CLUB,’” pg 60

Lana Krizki is a Los Angeles-based educator in makeup artistry with over 10 years of experience in media makeup, including fashion, television, red carpet and print. Lana has worked for some of the world’s most influential fashion magazines, such as *Elle*, *Harper’s Bazaar*, *Nylon*, and *Marie Claire*. Her red carpet events include the Emmys and The Oscars.



HELEN VONG, WRITER
“THE ISSUE OF IMPLANTS,” pg 54

Writer and editor Helen is a sleuth when it comes to hunting down answers to burning questions about the most relevant health topics today. Specializing in skincare, nutrition, and beauty, her work has appeared in national websites such as *Oxygen*, *Elevate*, and the popular lifestyle website, *TheSkinny.com*.



AMANDA KOTEL, BSC, CPT
“THE 2-IN-1 WORKOUT,” pg 24

A personal trainer with a specialization in athletic therapy and a degree in exercise science, Amanda’s expertise goes beyond just knowing how to build a body that looks good. Her passion lies in the improvement of biomechanics and strength building, as well as exercise rehabilitation.



EMILY SATRAZEMIS, RD, CSSD
“EAT FOR ENERGY,” pg 44

Emily Satrazemis is a board certified sports nutritionist and registered dietitian who has worked with professional and collegiate athletes, and previously served as the dietitian for the Navy SEALs. She is currently the Nutrition Expert for Raley’s, a Northern California grocery chain, helping to educate employees and serving as a health and wellness spokesperson.



RE WIKSTROM, PHOTOGRAPHER
“PURE ADRENALINE,” pg 14

With more than 15 years of shooting professionally and a passion for outdoor sports photography, Re has covered a lot of ground. Travelling the globe shooting female athletes, her work has been published in major ski titles such as *Powder*, *Skiing*, *The Ski Journal*, and *Backcountry Magazine*.



NICOLE CHARLESON, PHOTOGRAPHER
“STRONGCAMP CAPTURED,” pg 78

Nicole is a studio artist and public school art teacher in Northern New York. She combines her photography with a passion for healthy living—she is an avid runner, triathlete and fitness consultant. This allows Nicole to understand and enter into her subjects’ world in a unique and personal way.

THE *Bliss*
PROJECT
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EXERCISES, MEDITATION, YOGA AND TRANSFORMATIONAL LEADERS

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CALIFORNIA

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FITNESS EXPERT
TRANSFORMATIONAL SPEAKER
FITNESS COVER MODEL
3X WORLD BIKINI &
FIGURE CHAMPION

OPEN TO ALL WOMEN READY TO ELEVATE THEIR LIVES!

EXPERT ADVICE FROM

GINA TACCONI-MOORE, BLA, LMT, CFL1



You Asked: I'm trying CrossFit for the first time. What can I expect?

CrossFit classes typically consist of a warm-up, a strength or skill movement, Workout of the Day (WoD), and mobility work. Many boxes offer an introductory series for new folks who are unfamiliar with the foundational movements. Don't worry if you're fresh off the couch – your coach will give you scaling options suited to your fitness level. Just be sure to disclose any injuries, recent surgeries, or limitations in range of motion so your program can be customized to your needs.

A bonus you might not be expecting is a new circle of friends. Your CrossFit community will consistently encourage you to push beyond your limits and reach new personal bests. CrossFitters have a unique bond, which can only come with leaving it all on the floor in front of each other, day after day.

GINA'S TIPS:

To combat DOMS after a high intensity workout, hit the rower for a recovery session. Keep the pace steady, but easy enough that you could still carry on a conversation; this will promote circulation to stiff tissues. Make sure you get in a meal or protein shake an hour or so beforehand, and wear flat-soled sneakers and clothing that doesn't restrict your movement.



ADVISORY BOARD

FITNESS

GINA TACCONI-MOORE, BLA, LMT, CFL1

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EMILIE PROVENCHER, 2015 PRO FITNESS MODEL CHAMPION

evolution revolution **SAF**

►► SeriousAboutFitness.com

2016 WOMEN'S FITNESS EVENTS

April 2 - SAF Spring Spectacular

June 10-11 - SAF Summer Spectacular

October 21-22 - SAF Fall Spectacular

COMPETITIONS ★ CAMPS ★ MEDIA ★ MOTIVATION ★ INSPIRATION



Clean, quick recipes are our jam. Check out our Fuel board for more delicious meal ideas.



Tired of crunches? Check out our Pinterest for tons of abs exercises.



▶ 35,614

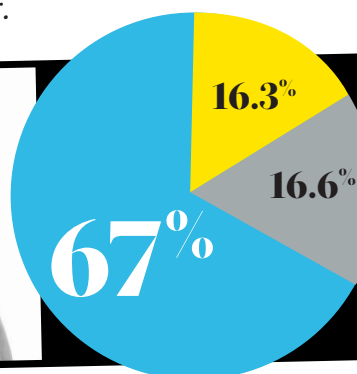
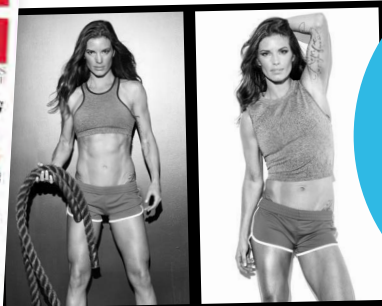
THE NUMBER OF TIMES YOU VIEWED YOUR FAVORITE #MOTIVATIONMONDAY POST.



8626
Number of squat junkies reached with our killer booty workout challenge. Did you crush it?

You Voted!

We couldn't decide, so we turned it over to you. Thanks for making this one a no-brainer.



OUR INBOX

Amy,
via Facebook
This last issue was definitely my favorite so far! I'm a swimmer and I also love strength training but I tend to do the same exercises and workouts over and over. Thank you for giving me some new variations and fresh workouts to try that make me excited about hitting the weight room!

Jesse, *via Email*
I've been into weight lifting for years and I have always been so disappointed with women's fitness magazines that are geared towards women who want to "Lose belly fat fast!" or "Lose 5 lbs for summer!", instead of those of us who truly just love to move heavy weight. Thank you for showing that real women work hard and look hard.

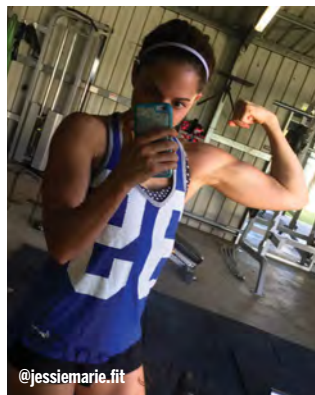
Veronica, *via Email*
The routine in the "Fit in a flash" section is amazing! I'm intermediate fitness level, but fibromyalgia and arthritis symptoms slowed me down for few weeks and now I'm trying to regain strength and routines like this one help me a lot.

Megan, *via Email*
Thank you for the Pure Adrenaline pages in each issue. I put them on my vision board for inspiration, and to remind me of the strong woman I am, and always want to be.

#mystrong MOMENT



@cathymastorio



@jessiemarie.fit



@marielleli

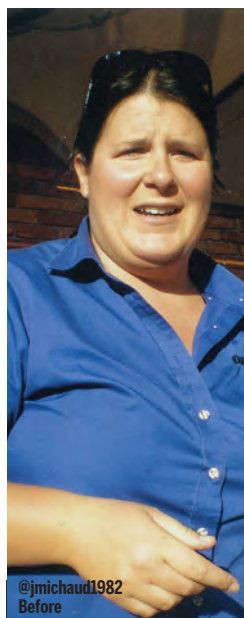


@crystalseaver

OUR FAVORITE MOMENT

Crystal Seaver, NORTH WATERBORO, MAINE

As the founder of Impact Fitness & Health Consulting, a fitness and nutrition coaching company, helping others stay fit and live healthier lives is Crystal's life's work. But that doesn't mean she forgets to take care of herself. Crystal runs trails and trains in the gym to maintain functional strength and beautiful muscle tone. "Muscles make the best accessories," she says. "They are the type of healthy that look good on everyone." But she doesn't just do it for herself. She wants to make sure she's being a role model for the children in her family. "I know little ones are watching and they need to understand the importance of healthy living."

@jmichaud1982
Before

After



@jaimeandbrad



@izzfoshizz18



@meljfit

Thank you for inspiring us with your fiercest moments in health and fitness. You are proof that our readers are STRONG. Keep posting your pics with the hashtag **#mystrongmoment**.

PROGRESS

There's something so reassuring about a new year: it's clean and pure, like a fresh blanket of snow, filling us with optimism for the next 365 days to come. The past is behind us, what's done is done, and we find ourselves at the edge of opportunity—the opportunity to change. And while I'm all for self-improvement, I have trouble buying into the “New Year, New You,” mentality that is built around the month of January. It assumes we want to be entirely new versions of ourselves, instead of just building upon the awesome people we've already become. I suppose, “New Year, Better You,” doesn't sell gym memberships quite as effectively, but it would probably result in a higher rate of success when it comes to sticking to resolutions. Improvements are much more attainable than complete renovations.

So as you charge into 2016 with a tank full of motivation and a list of objectives, take this moment to look back on the last year, and all you've accomplished in those 12 short months. What did you do to further your growth and happiness? Maybe you completed a marathon, or maybe you joined a gym for the first time. Perhaps you curbed your sugar addiction, or started drinking more water. Big or small, every step in the right direction is still progress.

And while you're reflecting on all your achievements, it's okay to take note of the missteps along the way too. The paradox of success is that it rarely exists without failure. You know that old saying, “If you don't make mistakes, you don't make anything”? Our losses are every bit as important to our character as our wins, if not more. And no one has a perfect game, every game.

In the spirit of the new year, the team at STRONG has been making some improvements of our own. We've had plenty of time to reflect on not just this past year, but the last two, attempting to figure out what worked, and what didn't. The magazine you hold in your hands is a product of our collective effort to bring you a better (not new) version of ourselves with each and every issue.

We've added a new page called “Inner Strength,” to our Circuit section at the front of the book, the content of which focuses on science and research in the field of mind/body health (hence the name). I'm so excited about this page because it reflects the way the world is starting to appreciate and study the connection between our physical, emotional and spiritual selves—a connection which is proving to be crucial to our well-being.

We've also expanded our “Buff Bites” recipe page to include a spotlight on foods that are a bit outside our culinary comfort zones, but are loaded with hidden health benefits. This month's feature is on jicama, which as it turns out, is delicious.

And on the design front, we've updated our look with some fresh style elements for an overall cleaner and more coherent appeal. Because what good is outstanding content if the look doesn't make you want to read it?

With that, I'll let you get on with your issue, and your new year. But before I do, I'd like to sign off with a quote from Benjamin Franklin that articulates how I think we should view self-improvement, not just in January, but throughout the year: “Without continual growth and progress, such words as improvement, achievement, and success have no meaning.”

Have a healthy, happy 2016.

**STAY STRONG,
KIRSTYN BROWN
EDITOR-IN-CHIEF**



Wait!

Before you start flipping to the good stuff, please take a moment to turn to page 6 and acknowledge our all-women list of contributors this issue. We are so grateful for the support of these incredible people, and all they do to improve the lives of others.

STRONG

FITNESS MAGAZINE

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Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate exercise prescription. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider. If you experience any symptoms of weakness, unsteadiness, light-headedness or dizziness, chest pain or pressure, nausea, or shortness of breath. Mild soreness after exercise may be experienced after beginning a new exercise. Contact your physician if the soreness does not improve after 2-3 days.

on our radar



Winter Warm-Ups

Health and fitness to cure your holiday hangover.

JAN 23-24

SIX PACK CITY

Fitness-aholics can stock up on whey powder, check out the powerlifting comp, and compete in the Reps n' Run 5K all in one weekend at the **FitExpo** in Los Angeles, CA, presented by Bodybuilding.com.

FEB 6

THE SCENIC ROUTE

Take a jog across 26.2 miles of some of the most beautiful landscape in America in the **Sedona Marathon** in Sedona, AZ, or compete in one of the 5K, 10K or half marathon distances.

FEB 12-14

GET WELL SOON

Make 2016 your healthiest year by kicking it off at **The Wellness Show** in Vancouver, BC. Attend workshops and seminars, visit the organic market, then finish with a massage.

JAN 30 TRUE NORTH STRONG

Reebok presents the **UG Series Winterfest CrossFit Competition** at Blue Mountain Ski Resort near Toronto, ON. You and your teammates can WOD those winter blues away competing in traditional workouts and snowy outdoor challenges.

FEB 26-28 GET BLISSED

Join fitness model and spiritual gangster Lori Harder at her **Bliss Project** women's retreat in Newport Beach, CA and walk away with the tools to become the CEO of your life.







“Being fearless is having fears but jumping anyway.”

-TAYLOR SWIFT

THE BEST TASTING PLANT BASED PROTEIN. PERIOD!

This highly nutritious and delicious whole food shake provides you with **26 vitamins & minerals** along with **16 grams of 100% plant-based protein**, **1.5 grams of Omega-3 oil**, **2 servings of fruits & vegetables**, **4 grams of fiber**, and **1 billion probiotics**.




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Tap into your
inner drill
sergeant
to boost
testosterone.

USE YOUR MANPOWER

It's a well-known fact that women have less testosterone than men, but a new study from the University of Michigan suggests that biology might not be the only thing that makes the man — gender socialization has a hand in it as well.

The researchers hired 100 actors to pretend to assert their power by firing a subordinate employee. They were instructed to perform either in ways which were stereotypically feminine or

stereotypically masculine. Meanwhile, the control group watched a movie.

Turns out, women got a surge of testosterone by just acting like a boss.

In both firing scenarios, the results were the same: the female actors experienced a significant increase in T levels, compared to the control group. So what does it mean? Potentially that men are more “manly” in part because they hold more positions of power.



Train for your Brain

It's no secret that working out keeps our muscles from shrinking, but researchers at the University of British Columbia wanted to know: how does fitness affect our brains? A preliminary experiment specifically looking at resistance training and brain health found that making regular dates with the weights could slow age related shrinking of white matter, a material that connects different regions of the brain and allows them to communicate. In the study, 54 women aged 65–75 strength trained either once or twice per week. The rest followed a routine of stretching and balance exercises two times a week. After one year, scan results showed less damage to white matter in the brains of those who hit the iron twice per week compared to those who lifted once per week, or not at all.

GO FROM 30 TO 60

Recent research published in the American Heart Association's journal *Circulation*, has shown that while the traditionally recommended 150 minutes of moderate physical activity a week will offer some cardiovascular benefit, it should be considered the bare minimum required to keep

your ticker in check. In order to fight chronic disease and maintain a healthy weight, strive for 60-minute sweat sessions. When that's not doable, keep workouts short and intense, and make sure you're getting up to walk or stretch regularly throughout the day. The goal: keep moving!

CHANGE OF PACE

Going for a walk? Make sure to mix up your speed to spike your calorie burn. According to research published in the journal *Biology Letters*, varying your pace while walking can burn up to 20% more calories than maintaining a steady stride.



CLICK HERE FOR MOTIVATION

A new study out of the University of Pennsylvania has shown that online social networks can be a positive influence when it comes to exercising and adopting other healthy habits. Follow us at **@strongfitnessmag** for a daily dose of motivation, training tips and recipes!

Fit Food of the Month: WALNUTS

If eating healthier is on your list of to-do's in 2016, start snacking on a few walnuts each day. This wonder food has recently been shown to lower cholesterol levels and improve blood vessel function, while another study found it slashed the risk of developing breast cancer in mice by 50 percent.

19

A QUARTER CUP OF WALNUTS PROVIDES 19% OF YOUR DAILY VALUE OF BIOTIN, A B VITAMIN THAT HELPS CONVERT FOOD INTO FUEL FOR ENERGY.

PHOTO PAUL BUCETA

Take This to Heart

As if you needed more reasons to swear off cola, new research published in the *Journal of the American College of Cardiology* revealed that as little as one to two servings of sugar-sweetened drinks a day is linked to a 35% increased risk of heart disease.

But perhaps the more shocking news from the sugar study is that despite surmounting evidence that drinking too many beverages containing fructose and sucrose can pose a number of serious health risks, we keep drinking them; in fact, one in four

Americans chugs 200 calories from sugary drinks a day. As for why these drinks are so dangerous to our health, study authors point to how our bodies metabolize fructose in the liver, where it is converted into fatty compounds (triglycerides) that can cause insulin resistance, a known risk factor in diabetes and heart disease. The researchers urge juice and soda drinkers to reach for healthier alternatives including water, coffee and tea — unsweetened of course.

POP GOES THE WORLD: Despite numerous warnings about sugary drinks, we just keep chugging.



Consuming one to two sugar-sweetened beverages a day has been linked to a 26% greater risk of developing type 2 diabetes.

POWER COUPLES

These combos will make sure you get the most nutrients out of your food.

PAIR THIS	WITH THIS	BECAUSE
Sweet potatoes, carrots, squash, broccoli, asparagus and mushrooms	Healthy fats such as raw nuts, avocado, butter, olive or coconut oil	Dietary fat helps dissolve fat-soluble vitamins A, D, E, and K so you absorb them better
Spinach, kale, soybeans and lentils	Sources of vitamin C such as lemon juice, oranges, berries or peppers	Vitamin C helps the plant release its iron
Beef, turkey, oysters and organ meat	Foods containing sulfur such as garlic, onion and whole eggs	Sulfur binds to the minerals zinc and iron and aids absorption

SOURCE: PRECISIONNUTRITION.COM



MAKE IT A MOCKTAIL

Skipping the booze might be healthier for your boobs, according to a recent European study that found a link between alcohol intake and risk of breast cancer. The study, which monitored more than 300,000 participants over 11 years found that **consuming two glasses of wine or beer per day was associated with a 4% increased risk of breast cancer**, with odds increasing with each additional drink. The good news? Experts say the damage from drinking may not be permanent. Luckily, you can reduce your risks by limiting alcohol and adopting a healthy lifestyle.

Get a Late Start

Finally, science is confirming what we're all thinking: 9 am is too early to start work. In fact, beginning the workday before 10 am puts us out of sync with our natural circadian rhythms, says Oxford University researcher Paul Kelly, who blames the average 9 to 5 for

our sleep-deprived society, resulting in health concerns such as stress, illness and depression. You probably can't convince your boss to shift the office hours, but see if working from home or flex-hours are options, so you can adjust your schedule to get more zzz's.

70

**AVERAGE PERCENTAGE
OF WORK TIME MOST
PROFESSIONALS
SPEND SITTING.**

HOUR OF POWER

Want to prolong your life? A new Australian study says swapping one hour of sitting with walking each day can do just that. The findings, published in the *International Journal of Behavioral Nutrition and*

Physical Activity, looked at data from more than 200,000 middle-aged and senior adults over a four-year period and found that making the effort to walk an hour a day reduced risk of early death by 12-14%.



PHOTOS PAUL BUCETA

BONUS BENEFITS

If you're taking vitamin D supplements to improve your health, you may also notice a boost in your athletic performance, according to findings from a recent pilot study out of Europe. It sounds too good to be true, but get this: healthy adults who were given 50 mcg of vitamin D a day for two weeks cycled 30% further in a fitness

test than they did at the beginning of the experiment. Not only did they clock extra kilometers, they did it with fewer signs of exertion.

The next step is to perform a larger trial on both healthy people and athletes, such as long-distance runners, but until then, you might not want to forget to pop your daily D.



SUPPLEMENT SPOTLIGHT: TURMERIC

Confused about this bright yellow substance in your spice rack? Us too. So we went to our advisory board supplement expert, Kamal Patel, MPH, MBA, PhD, for answers.

WHAT IT IS: A member of the ginger family, turmeric comes from underground stems of the *Curcuma longa* plant and is a key ingredient in curry powder. Curcumin, an active component in turmeric that gives it its bright yellow hue, has been well studied for its anti-inflammatory and pain relieving properties.

HOW TO USE IT: While it can be eaten in foods, turmeric is best taken in extract form as a supplement to reap its anti-inflammatory benefits. However, turmeric does not cross the intestine very efficiently, so combine it with piperine (black pepper extract), to aid absorption.

DOSAGE: 1-3 grams turmeric extract per day.

When Counting Sheep Doesn't Work

If you constantly struggle to drift off to dreamland, talk to your doc or naturopath about natural supplements, such as magnesium, says registered holistic nutritionist, Jenn Pike. Magnesium acts as a muscle relaxant, and therefore may benefit people for whom body tension is the cause of poor sleep.

Haven't you
herd of
trying
magnesium?



TURMERIC PHOTO: SHUTTERSTOCK.COM/ANNAH
SHEEP PHOTO: SHUTTERSTOCK.COM/PHILIPPO ASSIETI

SHUT UP, BRAIN!

For those with overactive minds, try passion flower supplements to help you get some ZZZ's. It has been shown to relax the mind, allowing the body to fall asleep naturally. One high-dose tablet should work within 30 minutes.



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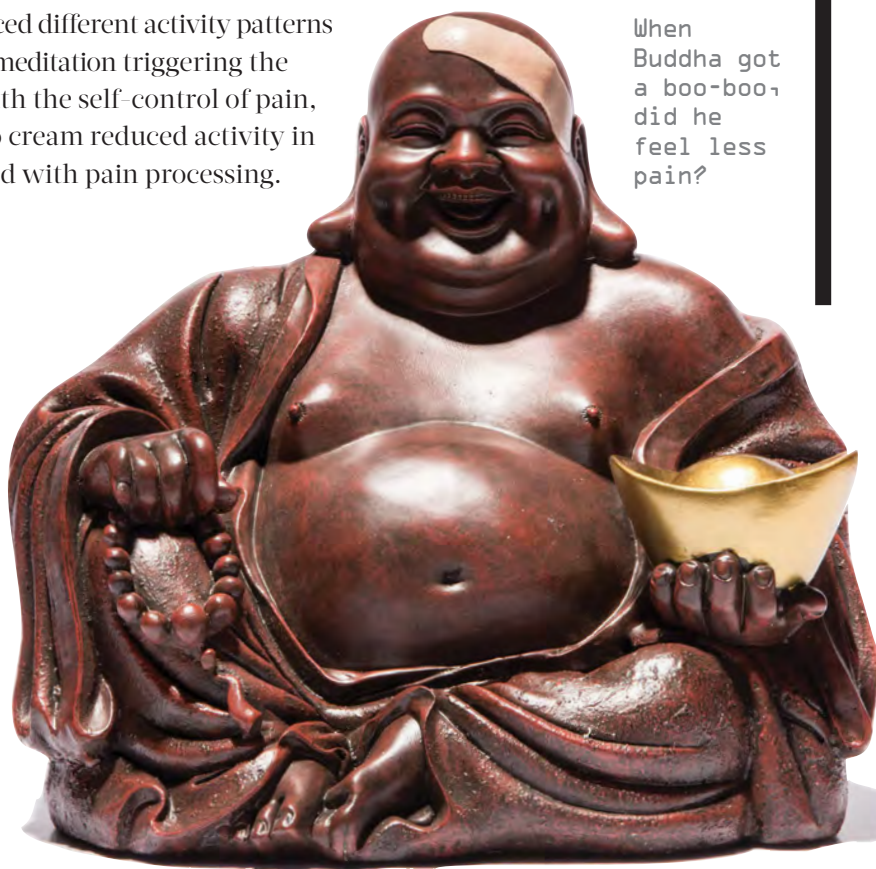
Got Pain? Say “Om”

You really can do anything you put your mind to, even ease your pain, suggests a new study published in the *Journal of Neuroscience*, examining the effects of mindfulness meditation on acute pain. In the study, 75 healthy people were assigned to one of four groups including mindfulness meditation (focusing on being present in each moment) and a placebo analgesic cream. They were then burned with a thermal probe on a small area of their skin and asked to rate both the physical and emotional pain. **The mindfulness meditation group reported 27% less pain and 44% less emotional unpleasantness, while the placebo cream reduced discomfort by 11% and 13%, respectively.** Brain scans indicated for the first time that the different treatments produced different activity patterns in the brain, with meditation triggering the areas that deal with the self-control of pain, while the placebo cream reduced activity in the area associated with pain processing.

► HOW TO DO IT:

If you're new to meditation, experts at *Psychology Today* recommend practicing mindfulness in a comfortable, seated position for 10-15 minutes a day and gradually increase to 20-30 minutes. Seasoned meditators can aim for 45-60 minutes.

BUDDAH PHOTO PAUL BUCETA ILLUSTRATIONS SHUTTERSTOCK.COM/CHRISTOS GEORGHIOU



1

**NUMBER OF
TIMES PER
WEEK YOU AND
YOUR PARTNER
SHOULD BE
GETTING BUSY,
ACCORDING TO A
RECENT STUDY
ON THE LINK
BETWEEN SEX
AND HAPPINESS.**

When
Buddha got
a boo-boo,
did he
feel less
pain?

3 POSES FOR STRESS



1. STANDING FORWARD FOLD

(Uttanasana):
Calms the nervous system, decompresses the spine, relieves fatigue and anxiety.



2. HALF SPINE TWIST

(Ardha Matsyendrasana):
Opens the ribcage and improves breath, calms the nervous system and tones the nerves of the spine.



3. CHILD'S POSE

(Balasana):
Massages the internal organs with each breath and calms the mind, helping to relieve stress and tension.

The 2-in-1 Workout

Crank up your metabolism and build core stability by combining HIIT with total-body exercises.

PHOTOGRAPHY BY PAUL BUCETA

Get ready to sweat while your core trembles! This double whammy routine gets your heart pumping while boosting stability in your abs, back and glutes. There's no time for gym selfies in this routine—get ready to work hard if you want to reap the rewards.



How it works:

Complete 5 rounds of the following circuit, resting for a maximum of 10-15 seconds between exercises, and 60 seconds between circuits.

Lateral Bound

REPS: 10 PER SIDE

Set Up: In a neutral stance with hands on hips, shift your weight into one leg and bend your knee to prepare to jump sideways.

Action: Lift your free foot and jump as far as you can to the side. Bound back to the other side with your opposite leg now leading the action. Continue bounding back and forth.



Trainer

Amanda Kotel, B.Sc Exercise Science, online nutrition and fitness coach, Los Angeles, CA

The Goal

Fat burning and increased metabolism with a side of core stability.

Equipment Needed

A low- to medium-height box or bench and an 8-10 lb medicine ball.

Why it Works

The focus here is to engage your core and legs; you'll be feeling your glutes, quads, abs and shoulders. Since this routine engages your entire body, you will raise your metabolism for hours.

Single-Legged Deadlift Hop

REPS: 15 PER SIDE

Set Up: Stand with feet together and shift your weight into your right foot. Lift your left foot.

Action: Raise your arms and explode off your standing leg (A). When you land, tilt forward, extending your left leg straight behind you until it is parallel to the ground (B). Swing your leg forward to come up to standing and immediately repeat. Complete all reps, switch legs, and repeat.



Medicine Ball Slam

REPS: 15

Set Up: Stand with feet shoulder-width apart and hold a medicine ball with both hands.

Action: Raise the ball straight over head (A), then explosively throw it into the ground as hard as you can (B). Catch it as it bounces or squat down to pick it up, then repeat.

Medicine Ball Plank Shuffle

REPS: 10 PER SIDE

Set Up: Get into high plank position with your right hand on a medicine ball and the left hand on the floor, shoulder-width apart (A).

Action: Roll the ball to the center and bring your left hand from the floor to the ball so both palms are on top (B), then bring your right hand to the floor and roll the ball to the left, switch hands, and repeat. Continue alternating sides for all reps.



Box Jumps

REPS: 15

Set Up: Stand facing a box or bench, approximately a foot away from it.

Action: Bend your knees and bring your arms back, then explode, swinging your arms for momentum, landing on the box with soft knees. Step down and repeat.



STEP DOWN,
DON'T JUMP,
TO CONSERVE
ENERGY.

Medicine Ball Diagonal Chop

REPS: 10 PER SIDE

Set Up: Stand with feet wider than shoulder-width apart, holding a medicine ball with both hands.

Action: Pivot and raise the ball over your right shoulder (A), then rotate to the opposite direction and bring the ball down near your left foot (B). Repeat. Complete all reps, switch sides, and repeat.



Fiber Powerhouse: Jicama

The produce aisle is no place to be timid. Time to step outside your culinary comfort zone and give this veg a chance.

WRITTEN BY BY JANICE DE BOER, RD

Jicama, a light brown tuber that also goes by “Mexican potato” or “yam bean,” is often overlooked, but this exotic root vegetable offers a healthy dose of antioxidants, minerals and most of all, fiber. The flesh is juicy, crisp, surprisingly sweet, and easy to prepare. Delicious raw or roasted, it may be the most exciting spud in the supermarket.

WHAT IS IT?

First of all, let's get the name right. It starts with a “j,” but is pronounced with an “h”: hee-ka-ma. The jicama plant is a climbing legume vine grown in subtropical and tropical climates and is a staple in Caribbean and South Asian cooking. Unlike other starchy roots, such as potatoes and sweet potatoes, the thick, fibrous skin is inedible.

BODY BENEFITS

Jicama contains a decent amount of vitamin C, an antioxidant which may help

protect your body's cells from damage, and smaller doses of other vitamins and minerals that are essential for many biochemical and physiologic functions. But what makes its phytonutrient profile stand out amongst other plant foods is its impressive fiber content. Just 1 cup of jicama provides 6 grams of fiber (almost 25 percent of the recommended daily intake for women), for only 46 calories. That's twice the fiber found in potatoes with skin, for half the calories per cup. Strong scientific evidence links high-fiber intake to a vast number of health benefits. In addition to its role in immune health and chronic disease prevention, fiber may help to control hunger and curb cravings.

Furthermore, jicama is composed of a particular type of soluble fiber, called fructans, with confirmed prebiotic activity. Fructans are also found in chicory, asparagus, leeks, onions, and garlic. These substances are considered indigestible, but stimulate the growth or activity of potentially beneficial “good” bacteria in the GI tract.

Try it!

You'll find jicama in the produce section of many mainstream grocery stores. Sizes can vary, but small to medium tubers have the best taste as they tend to get dry and woody as they grow larger. Choose those that are firm, slightly shiny, and feel heavy for their size—a good indication of moisture content. They will keep for 2-4 weeks in a cool, dry place.

To prepare, scrub well and remove the skin with a paring knife, then try one of these ideas:

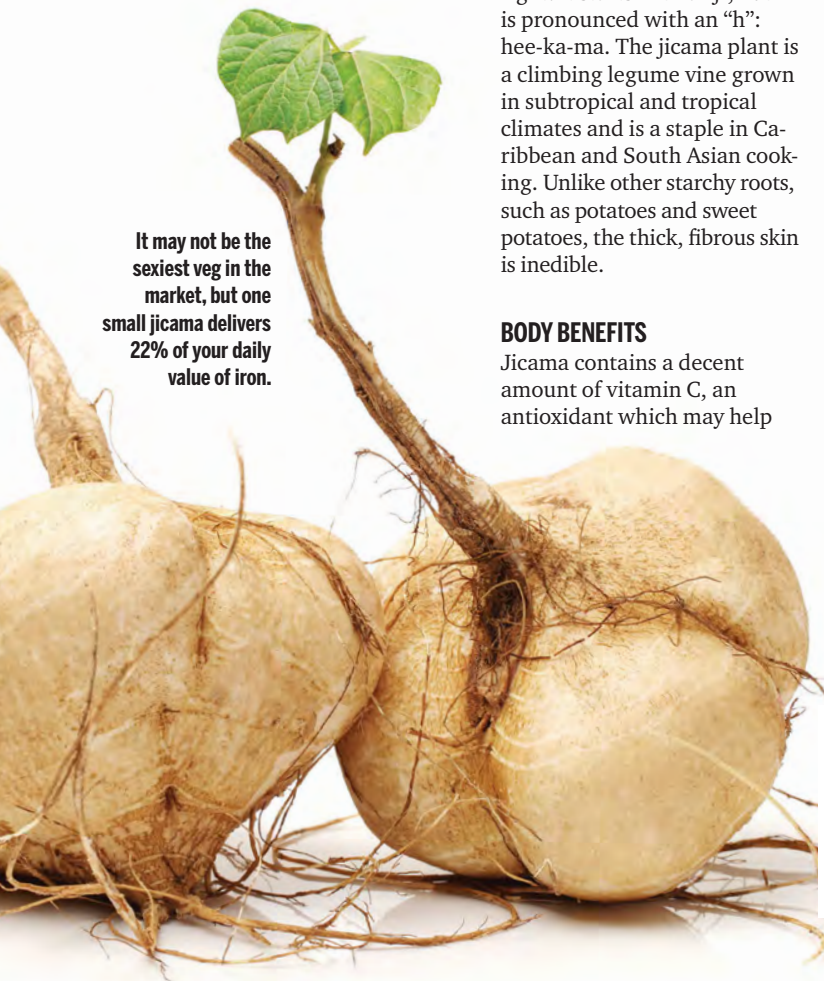
Raw

- Thinly slice and add to salads or sandwiches
- Dice and mix into homemade salsa
- Cut into sticks and serve with hummus

Cooked

- Roughly chop and add to hearty soups or stews
- Shred and sauté with onion and garlic to make hashbrowns
- Cut into bite-sized pieces and add to stir-fries

Recently, an article in the *American Journal of Clinical Nutrition* revealed that a diet lacking prebiotic-packed plant foods is linked with excess weight gain over time.



It may not be the sexiest veg in the market, but one small jicama delivers 22% of your daily value of iron.

Would you
like fries
with that?

Fit Frites

A food that satisfies
your craving and fits
a healthy diet?

Mais oui! These
homemade bistro-style
jicama frites are totally
worth the extra effort,
both in nutritional
value and taste.

Everything about this
twist on french fries is
a notch (or *deux*) above
fast food. But please,
don't douse them
in ketchup. A tangy
yogurt-based dip will
bring the flavor—and
health factor—to the
next level.

*Serve with grilled
steak for an epic
at-home dinner.*

Baked Jicama Frites

PREP TIME: 15 MIN • TOTAL TIME: 45 MIN • MAKES 2 SERVINGS

1 medium jicama
1 Tbsp canola or grapeseed oil
½ tsp garlic powder
½ tsp chili powder

NUTRIENTS PER SERVING:
Calories: 95, **Fat:** 7 g, **Carbs:** 22 g,
Fiber: 12 g, **Protein:** 2 g

1. Pre-heat oven to 400 ° F. Peel the jicama and carefully cut into matchsticks by halving, halving once more, slicing into wedges, then small strips. They won't bake as well if they are too thick.
2. In a medium-sized bowl, toss together jicama, oil, and spices. Seasonings can be adjusted to your liking.
3. Spread the jicama in a single layer on a large baking sheet. Note: they will shrink a lot while baking due to their high water content.
4. Bake for 30 minutes, turning once halfway through, until jicama becomes crispy and edges turn golden brown.
5. Meanwhile, mix together dip ingredients and set aside. Serve frites immediately with dip.

Sriracha – Lime Yogurt Dip

TOTAL TIME: 5 MINUTES
MAKES 2 SERVINGS

1 cup plain, 0%
Greek yogurt
1 garlic clove, minced
1 Tbsp freshly-squeezed
lime juice
1-2 tsp Sriracha sauce
(or to taste)

Combine all ingredients
in a small bowl and stir
until well combined.
Taste and add more
Sriracha to your liking.
Pour into serving bowl
and swirl a drop of
Sriracha on top.

**NUTRIENTS PER
SERVING (½ CUP):**
Calories: 70
Fat: 0 g
Carbs: 8 g
Protein: 9 g
Fiber: 0 g

Prep Rally

Resolved to eat healthier in 2016? Get help hitting your goals with these genius kitchen gadgets for mastering meal prep.

EDITOR'S PICK!

FLAVOR YOUR FISH WITH A SPRITZ OF FRESH LEMON!



1/ SPEED READER

Button-free and ultra-accurate, no carnivore's kitchen is complete without the **Thermopen Mk4** digital meat thermometer.

\$99; thermoworks.com

2/ BERRY CLEVER

Coring strawberries just got simpler thanks to the **Chef'n Strawberry Huller** with stainless steel claw for removing leaves and stems in seconds.

\$8; williams-sonoma.com

3/ CURL POWER

With four different blades that turn fresh veggies into linguini or fettuccini with the click of a dial, **The Inspiralizer** might actually be the greatest thing since sliced bread.

\$50; inspiralized.com

4/ JUICY GENIUS

Spritz lemon or lime straight from the source with the BPA-free **Lékué Citrus Mister**, perfect for punching up seafood, salads and cocktails.

\$15; surlatable.com

5/ EASY GREENS

The **Chef'n Greens and Herb Stripper** separates leaves from their stems in a single stroke. It's the lazy salad lover's dream come true!

\$8; amazon.com

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Our beauty experts stash these products in their gym bags to speed up their morning routines.

WRITTEN BY LORI FABRIZIO AND VALERIA NOVA, BEAUTY EXPERTS
AT TWO CHICKS & SOME LIPSTICK

1. Funk Fixer

It might not look like your typical sweat stick, but Kiehl's Superbly Efficient Anti-Perspirant and Deodorant gives you 24-hour protection against moisture and odor, while leaving your skin silky and smooth. Bonus: It softens underarm hair which will help you get a closer shave! **\$16; kiehls.com**

2. Spritz n' Go

This entire collection from Bath & Body Works smells like heaven, but we keep a bottle of the Cashmere Glow Fragrance Mist in our bags 24/7 to freshen up in a hurry. Just a quick spray of this luxurious, vanilla-based scent is all you need, plus, it's infused with conditioning aloe to gently nourish your skin at the same time. **\$14; bathandbodyworks.com**

3. Speedy Suds

Make the morning rush a little easier with the Philosophy Amazing Grace Shampoo, Bath & Shower Gel. This unique 3-in-1 formula gently cleanses, conditions and softens skin while leaving you smelling like Philosophy's best-selling fragrance after a vigorous sweat session. **\$33 (for 24 oz); sephora.com**

4. Lash Out

If nothing else, a girl's gotta have mascara, and Benefit's Roller Lash is our current fave. The special trademark brush helps lift, separate and curl every lash for a clean look that lasts for up to 12 hours. **\$24; benefitcosmetics.com**

5. Hair Metal

It sounds old school, but a stash of Goody Bobby Pins in your gym bag is the secret to effortless hairstyles. Use a few to pin back your bangs or secure a few strands for a half-up hairdo. **\$2; walmart.com**

No time to put on your face? Simply cleanse, moisturize and apply some mascara. Darkening your lashes will give you a fresh look, even if you're not wearing any makeup.



Eat Clean. Be Strong.

Meaghan Terzis
Cover Model &
Mother of Two



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CANADA ONLY

HOW TO DO A... Barbell Hip Thrust

YOUR EXPERT:



Lindsay Kent, Master Trainer-ISSA-Specialist in Fitness Nutrition, ISSA CES Professor

FIRM GLUTES ARE the trademark of a well-developed posterior chain, but the benefits of training your lower assets go way beyond the aesthetic. Building a strong butt not only contributes to power and speed, but it directly correlates to the amount of weight you can lift in compound movements, like squats and deadlifts, and improves your body's overall mechanics. This is where the barbell hip thrust will become invaluable to your lower body routine.

1. Sit on the floor with your back to a bench that is 13-19" high. (Studies show glute activation is increased when the bench hits the mid back, versus under the shoulder blades.)
2. Roll a loaded Olympic barbell over your legs to your hips, or have a spotter move the bar into place. The bar should sit in the crease of your hips.
3. Hold the bar with an overhand grip. Bend your knees and bring your heels towards your butt. Firmly plant your feet with toes slightly pointing out and raise your hips a few inches off the ground, pressing your back into the bench.
4. Drive through your heels, and using your glutes (not your back or legs) extend your hips vertically, raising your glutes up as high as you can.

IF USING HEAVY WEIGHT, USE A BARBELL PAD TO PROTECT YOUR HIPS.



FINISH

With each rep, pause at the bottom of the movement, keeping constant tension on the glutes.



SETUP

STARTING POSITION

USE THIS MOVE!

Now that you've mastered the hip thrust, try it in this workout for your posterior chain: (Superset exercises A1 and A2. For A2 and B1, increase the weight with each set.)

A1: CABLE KICKBACK
Stand facing a cable machine with a low pulley attached to a cuff around one ankle. Hold on for balance and kick your working leg back as high as it will go. Slowly lower back down and repeat.
REPS: 15 PER SIDE

A2: STIFF-LEGGED DEADLIFT
Stand holding a loaded barbell in front of your thighs with an overhand grip. Keeping your legs straight and back flat, hinge at the hips and lower the bar to the tops of your feet. Push your hips back to get a good

stretch, then return to the upright position. Repeat.
REPS: 15, 10, 8

B1: SMITH MACHINE SUMO SQUATS
Place the loaded bar of a Smith machine across your upper back and stand with feet wide

apart, toes turned out to 45 degrees. Unrack the bar and squat down, tracking your knees over your toes. Press through your heels to come back up. Repeat. **REPS: 15, 10, 8**

BARBELL HIP THRUST
SETS: 4 REPS: 15

THRUST NO-NO'S

Check your form and make sure you don't:

- Excessively arch your lower back
- Shrug your shoulders
- Hyperextend your neck

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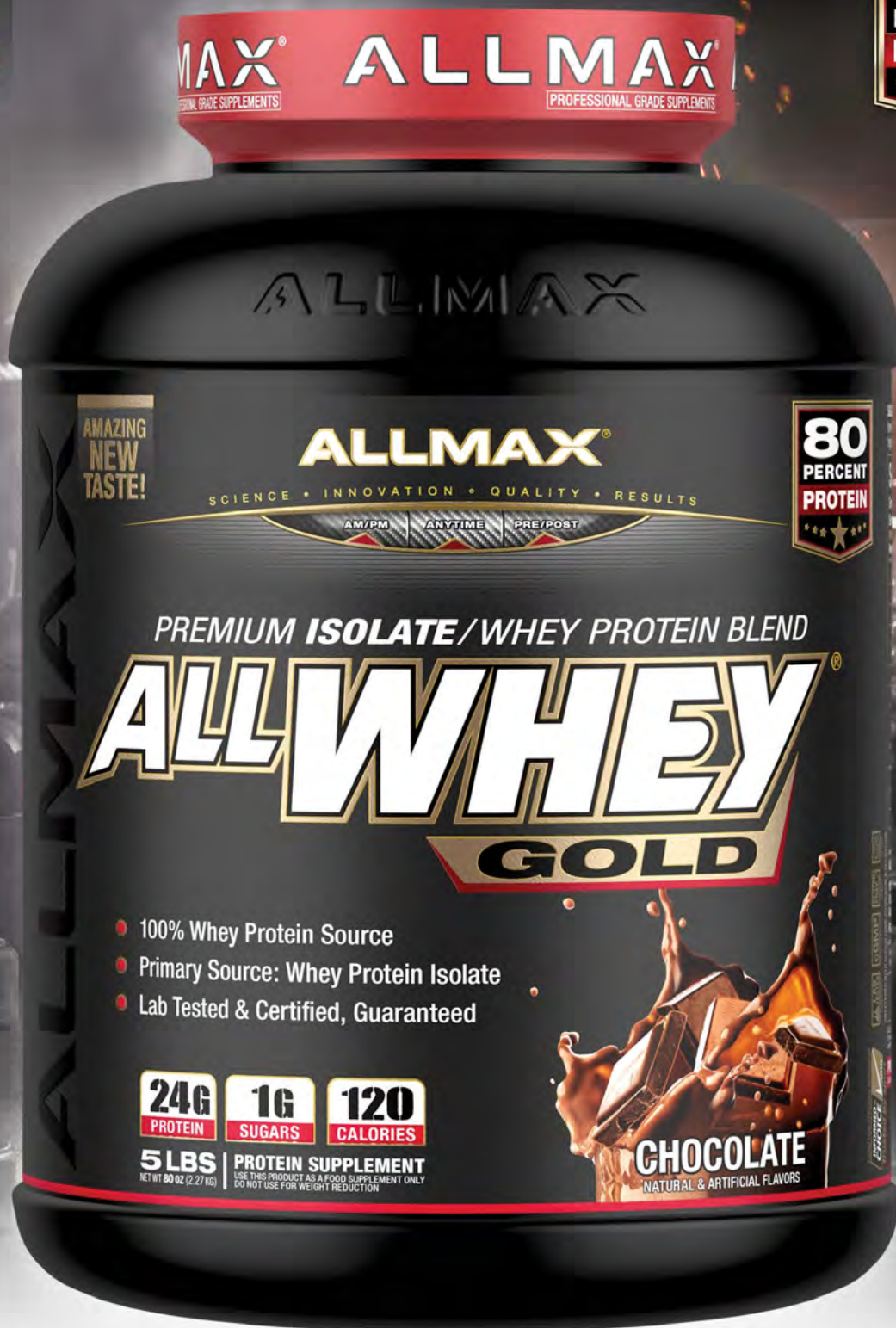
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The Game Changer

An athlete her entire life, Amber Dodzweit built her career as a fitness model. After taking a brief hiatus from the industry, she's back, and she's returning to her roots.

WRITTEN BY KIRSTYN BROWN, EDITOR-IN-CHIEF
PHOTOGRAPHY BY PAUL BUCETA

IN 2008, no one had even heard the name Amber Elizabeth. With almost zero experience as a fitness model, she broke onto the scene, seemingly out of nowhere, by appearing on the cover of *Oxygen Magazine*. But her lack of notoriety made no difference — the 23 year old with the perfect abs from upstate New York was an instant success.

That one cover led to several, along with supplement sponsorships and modelling gigs and within two years, her physique — a marketable combination of strength and femininity — and her name, were highly sought after in the industry. In the world of fitness, she was a star.

But things aren't always as they appear to be. During that time, few people knew that she was enduring an abusive relationship with her husband. The same girl who smiled from the newsstands spent weeks sleeping on a friend's floor before finally getting her own apartment. At 25 years old, wanting

to get as far away as she could, she packed everything that would fit into her car and drove to Los Angeles.

While all this was going on, Amber Elizabeth, the model, continued to be a top seller and her future in fitness was promising. But in 2011, unannounced, she vanished from the scene. She chopped off most of her long, cover-girl hair, tattooed her arms, and lived under the radar in L.A. That is until a serendipitous encounter with the CEO of training and nutrition brand Clutch Bodyshop, Ashley Conrad, urged her to return to fitness and to the thousands of women she had inspired.

And so, in late 2012, she started to make her comeback, only this time, with a different mindset. Her hair has grown back and her body is better than ever, but she isn't Amber Elizabeth anymore, and certainly doesn't consider herself a model. She's Amber Dodzweit, coach and athlete. And she knows that's exactly what she was meant to be.

"I will take jeans and a T-shirt over heels, any day."

SFM: Besides being athletic, what were you like as a kid?

AD: I was a rough and tumble tomboy. My legs were covered in bruises and I lived for backyard football with my all-boy neighborhood gang. I spent most of my time running country roads, catching frogs, making fishing poles out of sticks and learning I was stronger than all of my friends that were boys.

SFM: You had a lot of success as a fitness model in your early 20s. What was that time in your life like?

AD: That time period was like a perpetual Christmas morning. I'll never forget the first time I walked off a plane with a chauffeur standing there with a sign with my name on it waiting to take me to a shoot in a limo. I still thought there was a mistake even though my name was written in plain sight. It was so surreal. I always knew I was on my way somewhere really special. And I was. And I still am.

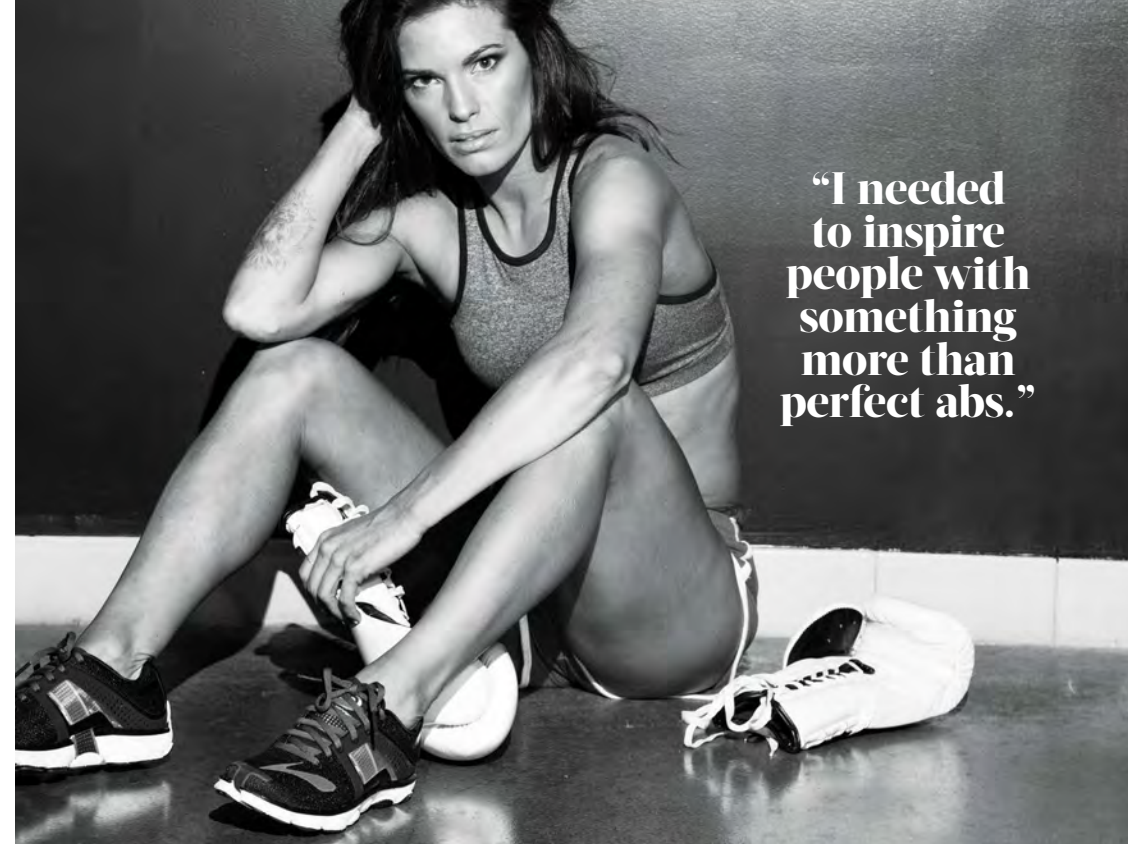
“Being 30 is like finally coming home after you’ve been on a rock n’ roll world tour.”

SFM: During that time, you were also leaving your marriage?

AD: I was in an abusive relationship for seven years. This person that I was married to [since I was 18] did everything they could to strip me of all the power I had. Goes to show you never know what someone is facing.

SFM: What prompted your hiatus from the fitness scene?

AD: It was out of my passion for being an athlete that my fitness career was born. Somewhere down the line I lost sight of that. My “break” from modelling was



“I needed to inspire people with something more than perfect abs.”

a choice I made out of integrity. I couldn't continue to put my body out there as a billboard of perfection without a story behind it. It was too empty, too shallow. I needed to inspire people with more than perfect abs. I needed a bigger “why” behind my career. I had also realized that I was a commodity and in some cases, an image to sell whatever it was that people wanted me to, whether or not I truly believed in it. So I laid down Amber Elizabeth, the cover model, to rediscover Amber Dodzweit, the badass athlete.

SFM: What does it mean to be an athlete?

AD: The only way I can describe it is how I would imagine any musician feels when they play their instrument. I really think an athlete is an artist that moves their body to express themselves.

SFM: Have you found it more or less difficult to stay in shape in your 30s?

AD: I think we play a lot of brain games in our 20s, so it's much easier in your 30s. You just begin to understand yourself and stop setting up unnecessary roadblocks out of your own fear and self-doubt. Being 30 is like finally coming home after you've been

on a rock n' roll world tour. That was my 20s anyway, just a totally unpredictable wild mess of a decade. It's good to be home and it's incredible to be able to create this road map for other women to achieve the same thing.

SFM: How have you maintained your physique? Has your diet and training changed much?

AD: My body has changed throughout the years as I've learned about nutrition and toyed with different training methodologies, and just remained consistent. In my previous career, I would yo-yo after photoshoots like crazy. I would walk off set and binge until I was just sick. There was just no balance, so I'm thankful to have found it.

SFM: You're very outspoken on social media. Is that an outlet for you?

AD: Writing is a huge outlet for me. I think people today need someone that's polarizing. I'm passionate about where the industry is headed and my heart is really afraid for the generation growing up right now. I realize how much I struggled with when I was 15, I can't imagine being that age today. I have moms tag their teenage kids on my posts all the time and tell me I'm the only

fitness page that they allow their daughters to follow. That's a huge responsibility, so I do my best to respect it.

SFM: Would you change anything about the past?

AD: There was a time in my life where I would wake up and not want to open my eyes. If you had asked me then, I would have done anything to change my reality. But now, to know not only that I clawed my way out but that I have built a life that I love shows me what I'm made of. It's the thing I remember when I'm facing something that seems “impossible.” I tell myself, “Amber, if you can pack a two-door Honda Accord with all of your belongings and move across the country to start over, you can do this.”

SFM: Do you love who you are now?

AD: You have no idea. I've struggled with insecurities, comparing myself to other women, I've lived in fear, been poor, abused, rejected, manipulated and hurt. But I hurt a good amount of people in the process too. I forgave myself and I forgave every person that ever wronged me. It is what got me to the point that I'm at now — proud of who I am and confident that I am worthy of success.

To learn more about Amber and her custom training programs, check out amberdodzweit.com.

FLIP TO PAGE 38 FOR AMBER'S WORKOUT!

HARNESSE YOUR POWER

How Amber Dodzweit earns every
inch of her famous physique.

PHOTOGRAPHY BY PAUL BUCETA WRITTEN BY KIRSTYN BROWN
SHOT AT CLUTCH BODYSHOP, LOS ANGELES ▶



MAKEUP & HAIR LANAKRIZKI
CLOTHING TOP TULLY LOU PANTS ADIDAS



WHEN OUR COVER ATHLETE TRAINS, SHE MEANS BUSINESS.

Whether she's stepping onto the track or into the gym, she doesn't mess around. Every muscle is utilized, not a second is wasted, and it ain't over until she's left it all on the floor.

The following circuit is straight out of Amber's arsenal of fast and effective training routines. You won't find any barbells or machines here. Just a few training tools and your own bodyweight are all that's required to get a seriously effective workout—well, that and a hell of a lot of discipline. Using full-body, explosive movements combined with a few twists on some classic strength-builders, this routine will burn fat, fire up your core, boost your power output and improve your cardiovascular system. In other words, if you want to look like an athlete, you'd better start training like one.

HOW TO:

Perform 30 seconds of each exercise, one after the other with no rest. Complete all 8 exercises, rest for 60 seconds, then repeat. Perform 4-7 rounds of the circuit, depending on your fitness level.

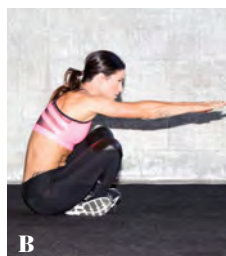
NOTE:

Perform unilateral exercises for 15 seconds on both sides before moving to the next exercise.

REVERSE SIT-UP TO PUSH-UP

Set up: Begin on your back with both legs straight in the air (A).

Action: Contract your core to perform a reverse crunch, then in a fluid motion, lower your legs, crossing them on the floor and roll forward (B,C,D). Use the momentum to continue to roll over your legs, bringing your hands to the ground, and jump your feet straight out behind you. Perform a single push-up (E), then reverse the entire motion to return to the starting position and repeat.



SINGLE-ARM MOUNTAIN CLIMBER

Set up: Get into high plank position with straight arms and legs extended behind you, feet apart. Brace your core to make sure you are stable.

Action: "Run" on the spot by quickly bringing one knee towards your chest, touching the ground briefly with your foot, then switching legs, and repeat. Simultaneously, move one arm back and forth as you would if you were running. Complete all reps then repeat on the other side.





SINGLE-LEG PIKE PUSH-UP

Set up: Get into an upside-down "V" position with your palms on the ground, arms and legs extended but not locked. Raise one leg off the ground until it forms a straight line with your body (A).

Action: Keeping your leg in the air, bend at the elbows, lowering your head towards the ground (B). Hold for a second, then press back up to the starting position. Complete all reps on this side, then switch and repeat.

"I think that being an athlete is a mindset."

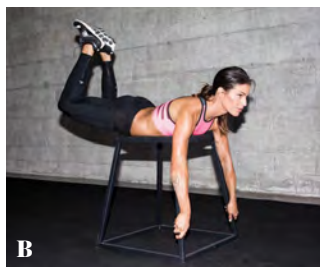


SPEED SKATER WITH DB PUNCH

Set up: Stand holding a light- to moderate-weight dumbbell in each hand. Make sure you have plenty of room.

Action: From standing, leap as far as you can to the left side, landing on your left foot with your knee bent. As you

land, sweep your right leg behind you, crossing behind the left and punch with your right arm. Let your right toes lightly touch down, then immediately leap as far as you can to the right and repeat on the other side. Repeat for all reps. ►



DB REVERSE HYPEREXTENSION

Set up: Lie your upper body on a tall box or bench and hold a dumbbell between your feet with your knees bent. Hold onto the box for support **(A)**.

Action: Raise the dumbbell towards the ceiling as high as you can, bringing your knees above hip level **(B)**. Hold at the top, squeezing your glutes, then lower back down and repeat.

“TRAINING HAS ALWAYS BEEN MY FULLEST FORM OF EXPRESSION.”



OVERHEAD DB HIGH KNEES

Set up: Stand holding a pair of dumbbells straight overhead, palms facing each other.

Action: Keeping your arms stationary, quickly alternate bringing one knee up as high as you can, then the other, hopping back and forth for all reps.

TRY TO BRING YOUR KNEES AS HIGH AS YOU CAN WITH EVERY REP.



BATTLE ROPE RUSSIAN TWIST

Set up: Sit on the ground holding both ends of a battle rope in front of you. Extend your legs, keeping a 45-degree bend in the knees.

Action: Rotate your torso, bringing the ropes to one side **(A)**, then over to the other **(B)**. Continue twisting for all reps.



“BEING AN
ATHLETE
HAS TAUGHT
ME THAT
PAIN IS ONLY
TEMPORARY.”

LONG JUMP BURPEE ▼

Set up: Stand at one end of a track or hallway. Bend your knees and swing your arms to prepare to explode forward **(A)**.

Action: Jump forward as far as you can **(B)**. As soon as you land, place your hands on the floor and jump your feet out behind you and perform a push-up **(C, D, E)**. Hop your feet to your hands, and immediately jump forward again. Repeat for all reps. **5**





Did you know?
Foods containing omega-3s like walnuts and salmon have been shown to reduce symptoms of depression.

Winter Quinoa Salad

PREP TIME: 10 MIN • TOTAL TIME: 40 MIN • MAKES 4 SERVINGS

4 4-oz chicken breast
½ tsp sea salt, divided
½ tsp black pepper, divided
2 Tbsp fresh thyme
1 Tbsp oregano
3 Tbsp olive oil
3 cups butternut squash, chopped in small cubes
3 cups cooked quinoa
½ cup unsweetened dried cranberries
⅓ cup walnut pieces
4 Tbsp freshly chopped basil
3 Tbsp fresh lemon juice

1. Season chicken breasts with ¼ tsp salt, ¼ tsp pepper, thyme, and oregano and 1 Tbsp olive oil. Grill or bake until cooked through and juices run clear. Set aside to cool slightly.
2. Meanwhile, in a large skillet, sauté squash in 1 Tbsp olive oil until cooked through and tender. Allow to cool for at least 5 minutes, then transfer to a large bowl.
3. Add the cooked quinoa, cranberries, walnuts, basil, remaining seasonings, lemon juice and 2 Tbsp of olive oil to the bowl and mix well. Roughly chop or slice chicken and place on top of salad. Serve warm or chilled. ▶

NUTRIENTS PER SERVING:

Calories: 408,
Fat: 12 g,
Carbs: 48 g,
Protein: 35 g,
Fiber: 10 g



Monday *Training Style: High Intensity*

BREAKFAST

Roasted Veg,
Sausage & Fried
Egg Salad (Pg 47)

LUNCH

1 cup whole grain or
rice pasta + $\frac{3}{4}$ cup
tomato sauce +
4 oz cooked ground
turkey + 1 cup fresh
veggies, sautéed
in olive oil and
seasoned to taste

DINNER

6 oz salmon, baked
with lemon and
seasonings
1 cup brown rice
+ 1 tsp butter +
chopped parsley
+ salt and pepper
to taste, 2 cups
spinach, sautéed in
olive oil, red pepper
flakes and garlic

PRE-WORKOUT OR AM SNACK

1 cup orange
juice (not from
concentrate)
 $\frac{1}{2}$ large banana
1 Tbsp natural
nut butter

POST-WORKOUT OR PM SNACK

$\frac{1}{2}$ cup 1% cottage
cheese + 1 Tbsp
honey + $\frac{1}{2}$ cup
mango, chopped

MACRO BREAKDOWN:

CALORIES: 1989
CARBS: 236 G, 47%
PROTEIN: 109 G, 22%
FAT: 60 G, 27%

Tuesday *Training Style: Strength*

BREAKFAST

2 slices whole
grain or Ezekiel
toast topped
with: 2 hard-
boiled egg
whites + 2 Tbsp
hummus + $\frac{1}{4}$ - $\frac{1}{2}$
avocado, sliced +
2 tsp olive oil
+ salt & pepper

LUNCH

6 oz chicken or
shrimp stir fried
with: 2 cups
chopped veggies +
1 tsp soy sauce +
1 tsp olive oil + salt
& pepper
 $\frac{3}{4}$ cup brown rice

DINNER

**Falafel Burger with
Lemon Yogurt Aioli**
Side kale salad: 2
cups chopped kale,
lightly blanched +
1 Tbsp fresh lemon
juice + $\frac{1}{2}$ Tbsp olive
oil + salt & pepper
to taste

PRE-WORKOUT OR AM SNACK

1 whole grain
English muffin
topped with: 2-3
Tbsp tuna salad
+ sliced tomato
+ salt & pepper

POST-WORKOUT OR PM SNACK

5 oz plain Greek
yogurt + 1 small
banana, sliced +
2 tsp honey

MACRO BREAKDOWN:

CALORIES: 1750
CARBS: 217 G, 50%
PROTEIN: 113 G, 26%
FAT: 51 G, 24%

Falafel Burgers with Lemon Yogurt Aioli

PREP TIME: 15 MIN • TOTAL TIME: 30 MIN
MAKES 8 SERVINGS

2 15 oz can chickpeas, drained
and rinsed

2 Tbsp natural peanut butter

1 medium onion

1 cup fresh parsley

1 cup fresh cilantro

1 cup fresh mint

1 Tbsp cumin

1 Tbsp cardamom

$\frac{1}{2}$ Tbsp salt

1 Tbsp black pepper

2 cloves fresh garlic

1 Tbsp chili flakes (optional)

$\frac{1}{4}$ - $\frac{1}{2}$ cup coconut oil (for frying)

AIOLI

1 cup plain Greek yogurt

1 Tbsp fresh lemon or lime juice

1 tsp garlic, minced

Pinch each: salt and pepper

2 tsp sriracha or hot sauce
(optional)

1. Place all burger ingredients in a food processor and puree until fairly smooth, adding a bit of water if needed. With clean hands, form mixture into 8 patties.
2. In large skillet, melt a generous amount of coconut oil to cover the bottom ($\frac{1}{4}$ inch deep). Heat oil over medium-high heat. Once hot, drop burgers into oil, 2-4 at a time, and cook for 3-4 minutes per side until browned and crispy.
3. In a small bowl, mix yogurt with lemon and seasoning, and top burgers with 1-2 Tbsp of aioli before serving.

NUTRIENTS PER SERVING (INCLUDING AIOLI):

Calories: 330,
Fat: 13 g,
Carbs: 31 g
Protein: 9 g,
Fiber: 10 g



NUTRIENTS PER SERVING:

Calories: 492,
Fat: 28 g,
Carbs: 46 g,
Protein: 18 g,
Fiber: 7 g

EGGS ARE HIGH IN ENERGY-PROVIDING B VITAMIN, AS WELL AS THE AMINO ACID LEUCINE, WHICH PLAYS A ROLE IN MUSCLE GROWTH AND RECOVERY.

Roasted Veg, Sausage & Fried Egg Salad

PREP TIME: 10 MIN • TOTAL TIME: 40 MIN • MAKES 1 SERVING

1 cup Brussels sprouts, trimmed and halved	1 chicken sausage, sliced
1 cup sweet potato, cubed	2 large eggs
¼ cup sweet onion, chopped	1 Tbsp balsamic glaze
1 ½ Tbsp olive oil	1 tsp salt, divided
	1 tsp black pepper, divided

1. Preheat oven to 400°F. Toss Brussels sprouts, sweet potatoes and onion in 1 Tbsp olive oil, and ½ tsp each of salt and pepper. Roast for 15 minutes, stir, then continue roasting another 10-15 minutes or until lightly browned and potato can easily be pierced with a fork.
2. Meanwhile, heat 1 tsp of oil in a pan and fry sausage slices over medium heat until cooked through. Remove sausage and set aside.
3. Heat 1 tsp olive oil in the pan and cook eggs until white is cooked but yolk is still soft.
4. Place veggies and sausage in a bowl and toss with remaining seasoning. Top with fried eggs. Drizzle balsamic glaze and serve.▶

Roast the veg the night before to save time, then reheat in the morning.

Spicy Black Bean Tacos

PREP TIME: 10 MIN • TOTAL TIME: 20 MIN
MAKES 3-4 SERVINGS

- 1 medium onion, chopped
- 1 red bell pepper, chopped
- 2 cups mushrooms, chopped
- 1 Tbsp olive oil
- 1 tsp cumin
- 1 tsp garlic
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp chili pepper
- 115 oz can black beans,
drained and rinsed
- 2 Tbsp hot sauce OR ¼ cup
jalapenos, diced
- 10-12 100% corn tortillas
- 1 small head butter lettuce, chopped
- 6-8 oz low-fat jack pepper
cheese, shredded
- 6 oz plain Greek yogurt

- 1.** Heat oil in a large skillet over medium heat and sauté onions, peppers and mushrooms, stirring frequently, until mushrooms and peppers soften and onions are translucent. Add cumin, garlic, salt, pepper, and chili pepper, and stir to mix.
- 2.** In another small pot, warm black beans over medium-low heat. Add hot sauce or jalapenos.
- 3.** Warm tortillas in oven or microwave. Top each tortilla with a bit of bean mixture, sautéed veggies, cheese, lettuce, and yogurt, and serve.

NUTRIENTS

PER SERVING:

Calories: 366,
Fat: 9 g
Carbs: 56 g,
Protein: 21 g,
Fiber: 11 g

Turkey Power Wrap

PREP TIME: 5 MIN • TOTAL TIME: 2-3 HR
(INCLUDING CHILLING TIME) • MAKES 1 SERVING

- 1 large sprouted grain tortilla
- ¼ cup spicy hummus
- ¼ to ½ avocado
- 1 small tomato
- 3-4 oz nitrate-free deli turkey
- 1 Tbsp dried cranberries
- 1 Tbsp chopped nuts
- 1 small squeeze of lemon
- Pinch each of salt and pepper

1. Spread hummus over tortilla. Layer turkey, avocado, tomato and remaining ingredients.
2. Fold the bottom of the tortilla, and then the sides to make a tight wrap. Roll the whole wrap in a paper towel, then in aluminum foil. Chill in the fridge for 2-3 hours. Serve cold.

NUTRIENTS PER SERVING:

Calories: 445,
Fat: 21 g,
Carbs: 45 g,
Protein: 21 g,
Fiber: 12 g

Wednesday *Training Style: Rest Day*

BREAKFAST

3 egg white omelette with: ½ cup sautéed peppers, mushrooms & spinach + 1 oz low-fat cheese ½ cup roasted sweet potato

LUNCH

4 oz flank steak, grilled, 1 cup asparagus, 1 cup roasted carrots & parsnips

DINNER

Spicy Black Bean Tacos (Pg 48)

PRE-WORKOUT OR AM SNACK

1 cup carrot sticks, ¼ cup hummus

POST-WORKOUT OR PM SNACK

1 oz raw almonds

MACRO BREAKDOWN:

CALORIES: 1550
CARBS: 150 G, 40%
PROTEIN: 115 G, 30%
FAT: 55 G, 30%

Thursday *Training Style: High Intensity*

BREAKFAST

Toasted whole grain bagel with: 2 Tbsp light cream cheese + 3 oz smoked salmon + hand-ful arugula + squeeze of fresh lemon + salt & pepper to taste

LUNCH

Winter Quinoa Salad (Pg 45)

DINNER

2 roasted chicken thighs with skin 1 cup each: Brussels sprouts & fingerling potatoes, roasted with: 1-2 tsp olive oil + garlic + red pepper flakes + salt & pepper

PRE-WORKOUT OR AM SNACK

1 cup beet juice 1 slice whole grain or Ezekiel toast + 1 Tbsp natural nut butter

POST-WORKOUT OR PM SNACK

16 oz low-fat chocolate milk ½ medium banana

MACRO BREAKDOWN:

CALORIES: 1900
CARBS: 260 G, 55%
PROTEIN: 131 G, 27%
FAT: 48 G, 23%

Friday *Training Style: Strength*

BREAKFAST

6 oz 2% plain Greek yogurt + ½ banana, sliced + ¼ cup granola + 1-2 tsp honey

LUNCH

Turkey Power Wrap

DINNER

6 oz pork tenderloin 1 large baked sweet potato with 1 tsp butter 1 ½ cups steamed broccoli with lemon, salt & pepper

PRE-WORKOUT OR AM SNACK

1 string cheese 1 medium apple

POST-WORKOUT OR PM SNACK

Green Smoothie: 1-2 handfuls spinach or kale + ½ cup apple juice + ½ banana + ½ cup frozen berries + 4 oz Greek yogurt + 1 scoop whey powder + ½ cup ice cubes (Blend until smooth) **S**

MACRO BREAKDOWN:

CALORIES: 1750
CARBS: 225 G, 50%
PROTEIN: 108 G, 25%
FAT: 50 G, 25%

Not training today? Swap the tortilla for a collard green wrap.



A woman with dark hair, wearing a grey patterned sports bra and teal leggings, is performing a single-leg squat in a gym. She has a barbell with a large weight plate on her back, supported by her arms. She is standing on her right leg, with her left leg bent and foot flat on the floor. The background shows gym equipment, including a Life Fitness machine.

When it comes to leg day, two isn't always better than one.

ROUTINE BY LINDSAY KENT, ISSA PROFESSOR, MASTER TRAINER AND OWNER OF EQUILIBRIUM BODYLAB

PHOTOGRAPHY BY PAUL BUCETA

STRIKE A BALANCE

YOU MAY NOT WANT TO BELIEVE IT, BUT BEING SINGLE DEFINITELY HAS ITS BENEFITS.

Of course, we're talking about unilateral training, not how you spend your Saturday nights.

Joking aside, if you're serious about your training and want to continue making progress in your strength and muscle gains, unilateral training is non-negotiable. Personal trainers are constantly stressing the benefits of this technique but in case you've been living under a rock, the cliffnotes version includes a higher calorie burn, increased strength and improved stability compared to bilateral-only training, plus the added bonus of spine protection and injury prevention. Not a bad deal.

Now that you're sold on the concept of going single in the gym, try this unilateral workout on your next leg day. If your body is accustomed to being fully supported during squats and deadlifts, you might want to start with fewer sets and lighter weight. If you're a veteran of one-sided workouts, aim to complete all prescribed sets. Either way, you'll feel that next-day soreness in places you didn't know you had. Welcome to singlehood.

The Workout

HOW TO: Perform the following unilateral supersets by completing all the prescribed reps of the first exercise on one leg, then repeat on the other side, then move to the next exercise in the superset. Rest 45-60 seconds between supersets.

SUPERSET

SETS REPS

1a. Single-Leg Deadlift

5

15

1b. Standing Cable Hamstring Curl

15

2a. Unilateral Leg Press

5

20

2b. Reverse Lunge with Kick

20

3a. Assisted Pistol Squat

4

12

3b. Bulgarian Split Squat

12

STRAIGHT SET

Weighted Donkey Kick

2

12

SINGLE-LEG DEADLIFT

1A

Set up: Stand tall holding a dumbbell in each hand in front of your thighs, palms facing you. Shift your weight into one leg and slightly lift the other foot off the floor.

Action: Hinge forward from the hips to lower the weights while raising your free leg straight up behind you until it is parallel to the floor and you feel a stretch in your supporting leg. Raise back up to return to the starting position and repeat.

STANDING CABLE HAMSTRING CURL

1B

Set up: Stand facing the weight stack in a cable apparatus with one foot secured in an ankle strap on a low pulley. Shift your weight into the opposite leg and hold the apparatus for support.

Action: Bend your knee, raising your foot as high as you can towards your glutes. Hold for a moment, then slowly lower back down with control. Repeat.

UNILATERAL LEG PRESS

2A

Set up: Place both feet hip-width apart on the platform. Extend your legs to press the platform up to the top position, unlock the safety, then place one foot on the floor in front of you.

Action: Bend your weight-bearing leg to lower the plate towards you with control. Lower until your knee is bent 90 degrees, then drive through your heel to press the weight back up. Repeat. ▶



1A



1B

With the unilateral leg press, begin with no weight, then add 10 lbs per side if needed.



2A



2B

REVERSE LUNGE WITH KICK

Set up: Stand with your hands on your hips or clasped in front of you. Take a large step behind you and lower until your back knee is almost touching the floor and your front quad is parallel to the floor (**A**).

Action: Press through your front heel and extend your front leg to come up to standing while bringing your back leg straight up and kicking it out in front of you (**B**). Immediately lower your leg behind you to return to the starting position and repeat.

3A

ASSISTED DEEP PISTOL SQUATS

Set up: Adjust a bar in a squat rack or Smith Machine to chest level and stand facing it with both hands lightly grasping the bar. Shift your weight to one leg and slightly raise your other foot off the ground.

Action: Keeping your free leg straight in front of you, bend your supporting leg and squat down as deeply as you can, while holding the bar for support. Drive through your heel and extend your leg to come up to standing and repeat.

3B

BULGARIAN SPLIT SQUAT

Set Up: Stand facing away from a flat bench with a weighted barbell across your upper back. Extend one leg backward and place your foot on the bench behind you, laces down if possible.

Action: Bend your front knee and squat down until your front thigh is parallel to the floor, knee over your toes, and your back knee is a few inches from the floor. Extend your front leg and press up to the starting position. Repeat.



If you have back problems, hold a dumbbell like a goblet instead of the barbell.

STRAIGHT SET

WEIGHTED DONKEY KICK

Set up: Get on your hands and knees on the floor and place a light-moderate dumbbell behind your knee. Raise that knee off the ground slightly while keeping your hips square to the ground.

Action: Flex your foot and raise your heel toward the ceiling as high as you can without hyperextending your low back. Hold for a moment at the top, then slowly lower back down without touching the floor. Repeat. **S**



A woman with dark hair, wearing a patterned sports bra and teal leggings, is performing a pull-up on a white gym machine. She is holding a horizontal bar with both hands, and her legs are extended forward. The machine has a large weight stack visible in the background. The lighting is dramatic, highlighting her muscles.

**Use your glutes
and hamstrings
to press back up
to standing; avoid
pulling on the bar.**

3A

The Issue of IMPLANTS

WRITTEN BY HELEN VONG

Whether it's from weight loss or breastfeeding, a deflated chest can deflate your confidence. But if you're considering a boob job, we want you to get all the facts before you go under the knife. Here, medical experts and fitness pros give you the lowdown on breast augmentation.

PHOTOGRAPHY BY PAUL BUCETA MODEL FRANCESCA DENNIS



It's a common lament among elite athletes, breastfeeding mothers, and any woman who has undergone a major weight loss: **Where did my boobs go?**

And for many who have tried everything to regain their former figures to no avail, breast augmentation is an attractive option. This is especially true in the fitness industry, where competitors and athletes alike train and diet their bodies to maintain a lean physique, but at the expense of naturally fuller breasts.

Such has been the case for decades. In 1998, Sociologist Maria R. Lowe wrote in her book *Women of Steel: Female Bodybuilders and the Struggle for Self-Definition* (NYU Press), that 80 percent of female fitness competitors had undergone surgery to enhance the size of their chests. Today, breast augmentation continues to be the top cosmetic surgical procedure, performed not just in the fitness industry, but in North America, according to 2014 stats from the American Society of Plastic Surgeons.

But while it may be the most common type of plastic surgery, that doesn't mean it comes without risks. And because we don't like to beat around the bush, we're laying out the latest medical info on implants to help you make an informed decision, before you get the job done.

Why It Happens

Weight loss can certainly affect breast size and shape, says Peter Bray, MD, MSc, FRCS(C), a board certified plastic and reconstructive surgeon in Toronto, Ontario. That's because breasts are composed of two main components; the gland (the springy part that fluctuates during monthly cycles and that would produce milk during pregnancy), and fat, Bray explains.

When you gain weight, such as during pregnancy, the fat component responds to weight changes in the breast, enlarging and stretching the skin. Then, once the weight comes off, the breast shrinks in size—in essence, deflating. “Many women complain of the emptiness of their breasts after weight loss,” says Bray. “Often the skin lacks the elasticity to rebound to normal and the deflated breast descends or becomes droopy, and may have folds of loose skin and stretch marks.” These changes are akin to those that can take place in the abdominal area post-pregnancy.

This is exactly what happened to fitness star Kim Dolan-Leto, who underwent breast augmentation in her late thirties after nursing her daughter for 16 months. “I could train my body and eat clean, but there wasn't anything I could do to change my chest. It was very frustrating,” says the Arizona-based model, now 46, who has since graced the covers of more than a dozen fitness magazines.

For 35-year-old Rita Catolino, it was a similar story. “After having my daughter in 2007 and dedicating a year to breastfeeding, I couldn't even recognize my breasts! They were like mini-sacks with no shape or size,” recalls Catolino, who is now a well-known personal trainer, transformative coach and published fitness model. Soon after, she started considering if breast

augmentation might be right for her. “I decided it was time to go for a consult when I noticed it was affecting my confidence, posture, clothing choice, and intimacy.”

Thinking of getting implants? Here's what you need to consider:

SALINE VS SILICONE

Breast implants come in two forms: saline and silicone, and can be inserted either over or under the pectoralis muscle. Choosing between implant types and incision locations are decisions that should be made with a board certified plastic surgeon.

Bray's preference? “Bodybuilders and very fit women have good muscle development and tend to be very lean with little body fat. For these patients I recommend placement of implants under the muscle so there is more tissue covering the implant, which provides a more natural looking result. If placed over the muscle, it may end up with some rippling and the implant would look more obvious.” Additionally, he recommends silicone over

saline for women who lift: “I have found that form-stable, textured, cohesive gel implants tend to perform best in this situation; they are more resistant to shifting and displacement when placed under those strong pectoral muscles.”

THE RECOVERY PROCESS

Sufficient healing usually takes a week and it is recommended to book at least that off work. Antibiotics and pain relief medication will be prescribed and you'll need a support bra to help the healing process. All dressings and bandages will be removed within several days, stitches will be detached in a week and full activity should be comfortable after a few weeks. “For heavy lifting, you should wait four to six weeks, which is dependent on how well and quickly you heal,” says Bray. (For modified chest exercises for women with implants, turn to page 58.)

Some surgeons inject botulinum toxin (Botox), the popular wrinkle-smoothing neuromodulator, into the pectoral muscle before the implants are inserted in order to relax the muscle activity after surgery. “The recovery tends to be more comfortable,” says Bray, who uses Botox in augmentation frequently. “The implants settle faster, especially in muscular women.”

COST

The cost of breast implants ranges anywhere from \$3,000 to \$9,000, with gel types being the most expensive. The cost of removal can start around \$2,000, however, additional procedures such as a lift and skin removal may be required, raising the cost to approximately \$6,000 to \$8,000.

ALTERNATIVE OPTIONS

A new alternative to breast implants is breast fat transfer. In this procedure, the surgeon uses liposuction to remove excess fat from other areas of the body, such as the stomach, hips, thighs and buttocks, and inserts it into the breast to enhance volume and shape. The increase in cup size, however, is not as dramatic as implants.

Of course, there are risks...

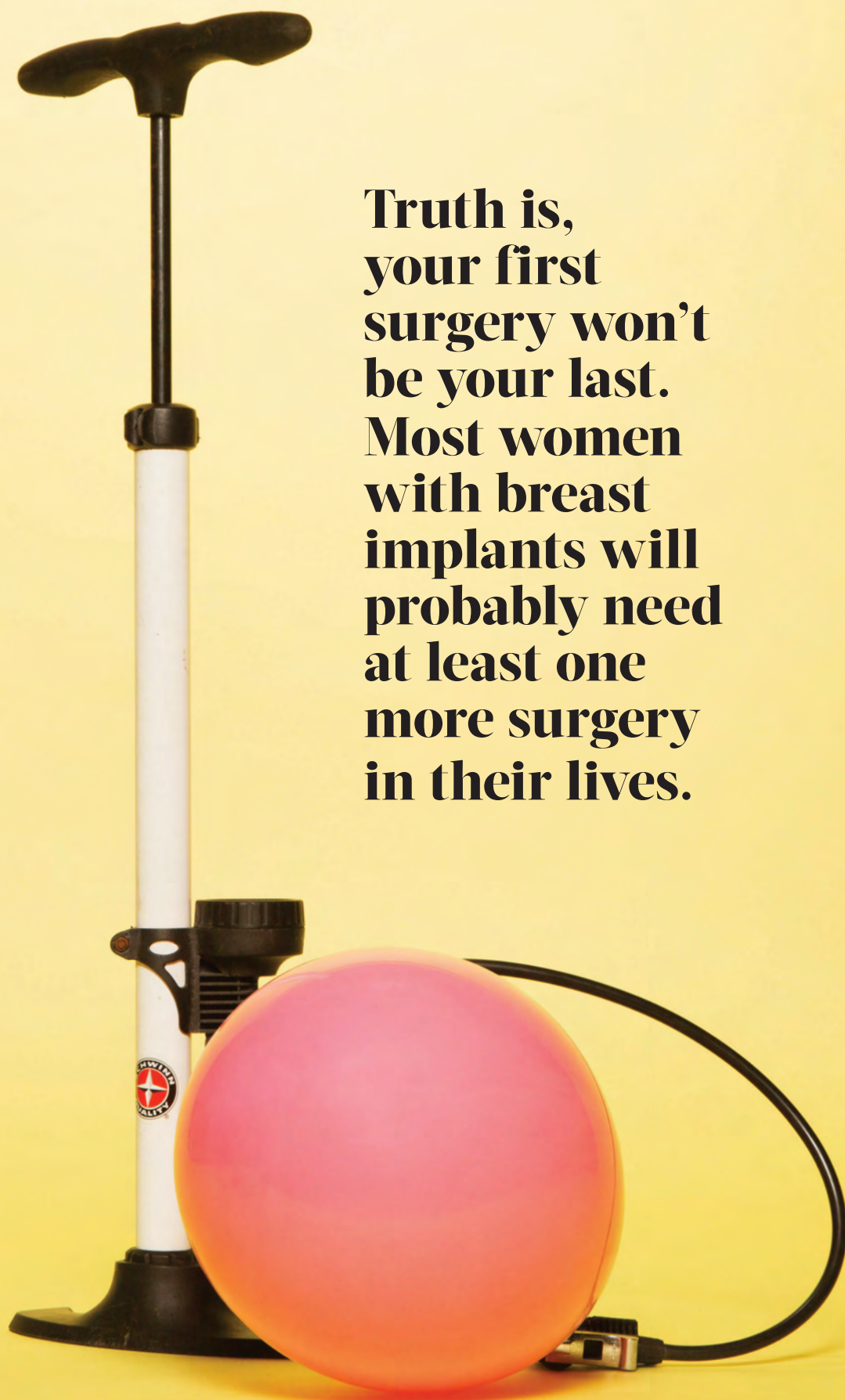
Living all her life with a flat chest, 37-year-old Lisa*, a personal trainer and fitness competitor in Pittsburgh, PA, says that while she never felt pressured at the gym or on the stage to have bigger breasts to gain a competitive edge, she decided to get implants in February of 2015. Her decision to go from an A cup to a C was fueled by her desire to do something for herself after struggling with fertility. "Two years ago, my husband and I found out that I would not be able to have children," she says. "I decided it was the right time to do it for me, and only me."

Two months after her procedure, Lisa began to feel pain in her chest when performing pull-ups and she felt her implants move towards her armpits. At home, simple everyday tasks that involved pushing or pulling were difficult: "I felt pain when I opened and closed car doors, or turned my head while driving, and even when opening child-safe pill bottles." After consulting with her surgeon, Lisa was scheduled for another surgery to correct the problem early this February.

"As with any surgical procedure, there are risks with breast augmentation," says Bray. Common risks include pain in the breast or nipple area, scar tissue formation, deflation or rupture of implants and the need for additional surgery, as in Lisa's case.

According to Nancy Bruning, author of *Breast Implants: Everything You Need To Know* (Hunter House, 1995), nearly half of all women who have silicone gel implants will experience a rupture within six to 10 years, and one in five women were found to have silicone migrate to other parts of their bodies. Saline implants are often thought to be safer, however, Bruning's findings suggest that one out of five women with saline implants require additional surgery within three years. ▶

**Truth is,
your first
surgery won't
be your last.
Most women
with breast
implants will
probably need
at least one
more surgery
in their lives.**



TAKE YOUR
FITNESS TO THE

NEXT LEVEL

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Android


pocketmags.com

Want to improve
your range of
motion, increase
your functional
strength and
boost your
athletic power?

WRITTEN BY **KIRSTYN BROWN**, EDITOR-IN-CHIEF
PHOTOGRAPHY BY **PAUL BUCETA**

Join the Club





Here at STRONG, we don't typically feature product placement in training articles. But when we discovered the inventor of the RMT Club[®] was David Weck, the same guy who created the widely used Bosu Ball, we figured it was worth considering.

So, we read the research, tried it out for ourselves, and we were convinced: this functional fitness tool is pretty legit. But you don't have to take our word for it. Keep reading to get the 411 from the creator himself, then check out the exercises on the following pages to find out why this little piece of equipment might be the next big thing.

WHAT IT IS

The RMT Club was born out of three basic principles which make up the WeckMethod: Rotational Movement Training[®] (RMT), Non-Dominant Side Training[™], and Tension Balance. Together, these techniques improve power, functional strength, mobility, coordination, conditioning, and a number of other benefits coveted by anyone looking to improve their athletic ability. Most importantly, it's the club's job to expose your weaknesses—which could be any combination of the skills just mentioned—and develop them into strengths. “We develop products based on how we train, specifically, what features are needed to enhance and improve our training philosophies,” says Weck. “We designed the RMT Club to tell the truth. If you are off balance, it will let you know. If you are weak

on one side, it will let you know. The club points out these deficiencies and then corrects them by unifying, strengthening, and coordinating movements.” So whether you want to improve your golf swing, your left hook, or your overhead squat, the club can do that. It can even help you perfect your downward dog. “It's about mastering the vertical movements and rotational movements of the body,” says Weck. “Every movement, athletic or otherwise, stems from these two forms of motion.”

HOW IT WORKS

The RMT Club is a first-of-its-kind training tool designed to integrate and strengthen the body from head to toe. The durable club head and rigid handle give it the ability to withstand high intensity exercises, ground strikes, and incredibly fast swings in multiple directions. The exercises (and there are hundreds of them) include a series of dynamic movements that work to correct rotational deficiencies and imbalances in the non-dominant side of the body. Strengthening these areas reduces the amount of energy wasted from overcompensating, and trains the body to utilize speed and power more efficiently. ▶

COST:
\$99.95

**WEIGHT
OPTIONS:**
2 lbs, 4 lbs,
6 lbs, 8 lbs

AVAILABLE AT:
weckmethod.com

HOW TO: For each exercise, complete all reps with the dominant hand on top (see “Hand Positioning” for grip instructions). Rest 10-15 seconds, then switch your grip so the non-dominant hand is on top, and repeat the exercise.

EXERCISE	SETS	REPS (PER GRIP)	REST BETWEEN SETS
Circle Stops	2	45 sec	30 sec
Chop Swing	2	5 reps each: outside the left foot, outside the right foot, through the legs	30 sec
Swing & Switch	2	45 sec	45 sec
Samurai Squat	2	15 reps	45 sec
Ground Strike w/ Athletic Shuffle	2	10 reps	45 sec
Thread the Needle	2	10 reps	30 sec
Russian Twist	2	20 reps	45 sec

CIRCLE STOP

Set up: Stand with feet wider than shoulder-width apart, toes turned out slightly. Begin holding the club with a split grip, centered and pointing straight down between your feet.

Action: Draw the club to the side, straight overhead, then back down in a large circular motion. Perform two large circles in the same direction. At the bottom of the second circle, stop, then immediately change directions and repeat in the opposite direction. Switch the grip and repeat.

○ The key is stopping the club at the bottom as fast as you can to put pressure on your core.

HAND POSITIONING:

For all two-handed exercises, use a Split Grip. Hold the club with your dominant hand at the top of the rubber coating and your non-dominant hand at the base of the handle, approximately three inches apart. This gives you the most control. Perform all reps with the dominant hand on top, then switch, and repeat the exercise.



SWING & SWITCH

Set up: Begin in a staggered stance with the right foot forward, holding the club behind your right shoulder.

Action: Swing the club across your body (like a baseball bat) to the left shoulder, simultaneously jumping and switch your stance so you land with the left foot forward. Repeat to the other side. Continue for all reps, switch the grip and repeat.

CHOP SWING

Set up: Stand with feet wider than shoulder-width apart and hold the club with a split grip between the shoulder blades, with the head of the club pointing straight down. Your back should be nice and flat (A).

Action: Hinge at the hips and swing the club down in a chopping motion (B) down in front of you and between the legs (C), then immediately reverse the motion. Continue for all reps, then switch the grip and repeat.

○ The faster you chop, the harder your body will have to work to change direction.





SAMURAI SQUAT

Set up: Stand with feet wider than shoulder-width apart, holding the club in between your shoulder blades (A).

Action: Push your hips back, bend your knees and lower into a deep squat, simultaneously casting the club out in front of you (B). Stay in the squat position as you raise the club back overhead, then extend the legs and return to standing. Continue for all reps, then switch the grip and repeat.



RUSSIAN TWIST

Set up: Sit on the floor in a V-position with knees slightly bent. Hold the club straight in front of you at a 45° angle.

Action: Keeping your arms straight, rotate through your core, bringing the club over to one side, then over to the other in an arcing motion. Continue the movement for all reps, then switch the grip and repeat.

THREAD THE NEEDLE

Set up: Begin in high plank position holding the club in one hand, choking higher on the club for more control if needed. Hold the club under your torso so it gently taps the opposite shoulder (A).

Action: Rotate your body outward, raising the club toward the ceiling until your shoulders are stacked and arms form a straight line (B). Rotate back to the starting position and repeat. Complete all reps, then repeat on the other side.

○ Make this move harder by coming into side plank and lifting your top leg.



“If you are off balance or weak on one side, the club will let you know.”

GROUND STRIKE WITH SHUFFLE

Set up: Place a mat on the floor and stand near one end with feet shoulder-width apart, holding the club overhead.

Action: Perform a squat as you bring the club down in front of you and strike the mat (A). Bring the club around your head (B) as you simultaneously shuffle (C) to the opposite end of the mat. Squat and chop again (D). Continue for all reps, then switch the grip and repeat. 5





Fast Food

Meal delivery services have exploded in the fitness scene, saving us time and keeping our nutrition on track. But what is it doing to our relationship with food?

WRITTEN BY MEGHAN BURROWS BSC, PTS, RTS

PHOTO DAVE LAUS



The convenience of having dinner arrive on your doorstep is often associated with cheat meals and Friday nights, but not anymore.

Now, thanks to prepared meal delivery services, you can have organized, portion-controlled lunches and dinners ready for the week without stepping foot in the kitchen. The fitness industry is gobbling it up, but is it worth the cost? We sink our teeth into the pros and cons of the ultimate convenience food.

Trend Gone Wild

There's no arguing that our increasingly busy lives combined with our diet-obsessed culture has created a need for healthy alternatives when it comes to convenience food. The fitness industry alone, with its throngs of athletes who follow meticulously calculated diets, provides a massive market of consumers just waiting to fork over their credit cards.

One of the first companies to capitalize on this growing need was online fitness retailer Bodybuilding.com, which launched B-Elite Fuel, a line of frozen, high-protein meals tailored to meet various macronutrient requirements. According to BB.com's Allison Kim, they were really on to something. "We are known in the food production industry for operating with integrity, a focus on nutrition, commitment to quality and local sourcing," she says.

Since introducing the product in 2013, the company has

shipped more than 25 million orders worldwide, and business continues to grow. For Kim, the numbers speak for themselves. "Yes, this trend is sustainable."

Sustainable or not, for many companies offering similar services, the concept has expanded beyond the fitness industry and reached a clientele of busy young professionals who don't have hours to spend prepping healthy meals. "Demand for service is high and this is a luxury that people are able to make room for," says Joyce Tai, a staff member at the Toronto-based FuelFoods, which delivers meals with hormone-free meat and locally sourced produce twice a week. "Even young families are able to enjoy each other more with the use of our services."

The Cost of Convenience

An average meal from FuelFoods consists of 30 g of carbs, 30 g of protein and 10 g of fat, clocking in at around 400 calories. You're guaranteed a balanced meal that's hand portioned and tastes homemade. The price? An economical average of \$10-\$12 per meal, on par with the industry standard (each meal from B-Elite Fuel comes with a \$5-\$6 price tag with an additional \$3 charge per meal for shipping).

Most meal preparation companies offer basic

"THE LESS ENERGY YOU SPEND PREPARING MEALS YOURSELF, THE LESS CONNECTION YOU HAVE TO YOUR FOOD."

meal plans with the option of customizing to accommodate for allergies or lifestyle preferences, such as vegetarianism or even Halal. Customizing is ideal for athletes following strict diets, however, it can take your budget-friendly \$10 meal to \$15 per serving. For many customers, it's worth the extra cash. "Often people will spend \$15 on lunch or dinner out anyway,"

ORDER UP!

Hungry? Here's a peek at what you're paying for:

MEAL	NUTRIENTS PER SERVING
High-Protein Pancakes with Syrup	Calories: 300, Protein: 30 g Carbs: 25 g, Fat: 7 g
Egg White Omelette with Chicken and Vegetables	Calories: 220, Protein: 36 g Carbs: 10 g, Fat: 3 g
Tilapia, Sweet Potatoes and Asparagus	Calories: 290, Protein: 37 g Carbs: 31 g, Fat: 3.5 g
Lean Burger, Brown Rice and Broccoli	Calories: 360, Protein: 37 g Carbs: 35 g, Fat: 8 g

Cost: \$99.86 • Included: 12 frozen meals • Available at: Bodybuilding.com

says Kim. "Our frozen meals are nutritionally and economically more valuable in comparison."


The Delivery Disconnect

So to recap, meal delivery services can save you hours of time in the kitchen. They make healthy eating foolproof, ensuring that you're getting the right amount of calories and protein, and they cost relatively the same as buying lunch out. Are there any downsides?

Potentially. Beyond the hit to our wallets, making meal delivery a habit could be costing us something much more valuable, and that's our relationship with food. "The less energy you spend preparing meals yourself, the less con-

also be risking an important physiological part of the process: digestion. When we're rushed or busy, it causes stress, placing our body in a sympathetic state, a.k.a. fight or flight. "Ingesting food while in this state causes a lack of nutrient absorption and disrupted digestion," says Levesque. "The body needs to be in a parasympathetic state in order to properly digest food." That's because when the body is in parasympathetic mode, our gastrointestinal muscles relax and our intestinal and gland activity increases, improving nutrient absorption. Even when we're busy, preparing a meal forces us to slow down. It stimulates our senses and saliva, and readies our bodies and minds for the meal. In other words, we appreciate it.

Still, it seems unlikely that this fad will fizzle out any time soon. Meal preparation companies like FuelFoods and Bodybuilding.com are currently looking at national and international expansions, and new brands are popping up every day. "Unfortunately, it is a sad world where this trend will remain sustainable because we are only going to get busier," says Levesque. Whether or not these services stick around, one thing is certain: proper nutrition will never be a passing fad.



This strength-building workout will train your upper body in a whole new way.

STRONGER THAN YESTERDAY

ROUTINE BY FRANCISCA DENNIS, CPT, OWNER OF FDLIFESTYLE.COM PHOTOGRAPHY BY PAUL BUCETA

MODEL FRANCISCA DENNIS
HAIR & MAKEUP ALEXANDRA SMITH



**IF A STRONGER UPPER
BOD TOPPED YOUR
LIST OF GOALS FOR
2016, YOU'VE COME
TO THE RIGHT PLACE.**

This routine for your shoulders, back, core and arms will help you build the strength and muscle you've been pining for,

so you can rock your tank top come spring. But if you think you're in for monotonous rep after rep of biceps curls and crunches, you're in for a surprise. These six exercises will have you doing a variety of movements, keeping your mind engaged and your heart pumping. Some will isolate target muscles and some will call upon your entire upper body to help you twist, press and burpee your way to the final rep. ▶



THE WORKOUT

EXERCISE	SETS	REPS
KNEELING ONE-ARM GRAPPLER PRESS	4	10-12
ONE-ARM BENT-OVER ROW	4	10-12
MEDICINE BALL BURPEE	3	15
BAND REAR DELT FLY	4	10-15
LYING LEG RAISE	4	10
BICYCLE BALL TOSS	3	16



FORM CHECK:
MAKE SURE YOUR
BODY IS SQUARE
WITH THE BAR AND
YOUR ARM IS IN
FULL EXTENSION.

KNEELING ONE-ARM GRAPPLER PRESS

Set up: Place one end of an Olympic bar in a corner and load the other end with a weight plate. Hold the weighted end in your right hand in front of your shoulder, and kneel on your right knee **(A)**.

Action: Keeping your back straight and torso stationary, press the bar upwards until your arm is fully extended **(B)**. Lower to the starting position and repeat. Complete all reps then repeat on the other side.



UNILATERAL
EXERCISES
TAKE THE
DOMINANT
SIDE OUT OF
THE EQUATION,
EXPOSING
WEAKNESSES
SO YOU CAN
IMPROVE
ON THEM.

ONE-ARM BENT-OVER ROW

Set up: Hold a dumbbell in your left hand and place your right knee and right hand on a flat bench so your back is flat and shoulders are square. Extend the dumbbell down, palm facing in **(A)**.

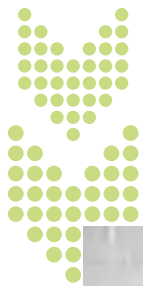
Action: Bend your left arm and pull the dumbbell up towards your ribcage, squeezing your back **(B)**. Lower back down and repeat. Complete all reps then repeat on the other side.

MEDICINE BALL BURPEE

Set up: Stand holding a large medicine ball in front of you.

Action: In a fluid motion, place the ball on the floor in front of you and jump your feet back into

plank **(A)**. Perform a push-up **(B)**, then immediately jump your feet back up to your hands **(C)** and stand up, raising the ball straight **(D)**. Repeat for all reps. ▶



**Burpees
provide both
cardio and
strengthening
benefits.**




A woman with her hair in a bun, wearing a dark grey sports bra and green leggings with a yellow waistband, is shown from the back. She is holding a pink resistance band with both hands, pulling it apart to the sides at shoulder level. The background is a white brick wall.

**This move
targets your
shoulders,
mid-back
and triceps.**

BAND REAR DELT FLY

Set up: Secure the center of a band to a point overhead and stand a few feet away. Hold one end in each hand and raise your arms to just above shoulder height.

Action: Keeping your arms straight, contract your shoulder blades and pull the ends of the band down to just below shoulder level. Hold, then slowly raise back up to the starting position. Repeat for all reps.

A woman is lying on her back on a black flat bench. She is wearing a dark grey sports bra, green leggings with a yellow waistband, and white sneakers. Her legs are raised straight up towards the ceiling. Her arms are bent with her hands holding a small black dumbbell between her feet. The background is a white brick wall.

**FIND
THIS EASY?
HOLD A
DUMBBELL
BETWEEN
YOUR FEET**

LYING LEG RAISE

Set up: Begin on your back on a flat bench. Grip the sides of the bench on either side of your head and extend your legs.

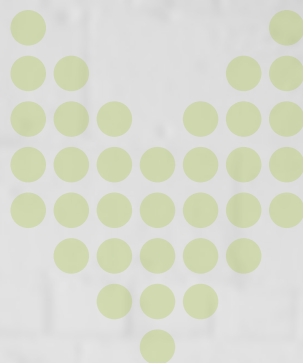
Action: Contract your core and raise your legs towards the ceiling, bringing your hips and lower back off the bench. Hold at the top then very slowly, lower your legs an inch at a time. Immediately raise back up before your heels go lower than hip level. Repeat for all reps.



**Complement
this routine
with the leg
day workout
on page 50.**



A



BICYCLE BALL TOSS

Set up: Begin on your back, holding a small medicine ball in your right hand. Bend your left knee and extend your right leg, keeping your heels several inches off the ground (A).

Action: Toss the ball in the air (B) while simultaneously switching legs (C) and catch it in your left hand, so your right knee is bent and left leg is extended (D). Repeat for all reps. **S**



B



LIFT YOUR
SHOULDERS
OFF THE
FLOOR TO
KEEP THE
TENSION ON
YOUR CORE.



C



D

“CROSSFIT SAVED MY LIFE.”

After a car accident took Krystal Cantu's right arm, she rallied her inner athlete and came back with a vengeance.

WRITTEN BY KASIA WIND | LEAD PHOTO BY ROCKY LOZANO

WHEN THE DOCTOR

told Krystal Cantu that her right arm would have to be amputated following a serious car accident back in 2013, she had an unusual reaction: “I thought myself very lucky.”

Of course, she was devastated. Obviously, she was scared. But the 24 year old (now 26) was used to being challenged physically and pushing her limits: she was a CrossFitter, after all. “CrossFit showed me that I was capable of so much more than I ever thought. It always left me out of breath, and that's exactly why I wanted more.”

Krystal got into CrossFit just four months before her boyfriend's car blew a tire during a weekend road trip, causing the vehicle to roll, ejecting her arm out the window, nearly severing it. With her limb crushed above her elbow, Krystal's mind

immediately activated survival mode and, as she laid on the grass listening to first-responders throw questions at her, she thought back to the strong will she developed through CrossFit, and repeatedly told herself that she was going to pull through. And so, as she stared back at the doctor in the hospital after hearing the news that her arm could not be saved, Krystal chose to count her blessings, rather than dwell on the challenges ahead. It would be a rough road, but the amputation meant that she could walk away with her life, the support of her loved ones, and a love for her sport.

With the grit of a woman who spends her free time flipping car tires and snatching weights over her head, Krystal returned home from the hospital with a goal of living her life as normally as she could, no self-pity allowed. “I did the

same things as I did before, just with one arm now,” she says. Krystal put on her makeup, got dressed in the morning, and tidied up her apartment on her own, independent as ever. Having competed in the Tough Mudder and Spartan Races prior to the accident, she continued to go for

the accident, once the incision in her arm was completely sealed, Krystal was back into training, learning how to perform deadlifts and overhead lifts with one arm.

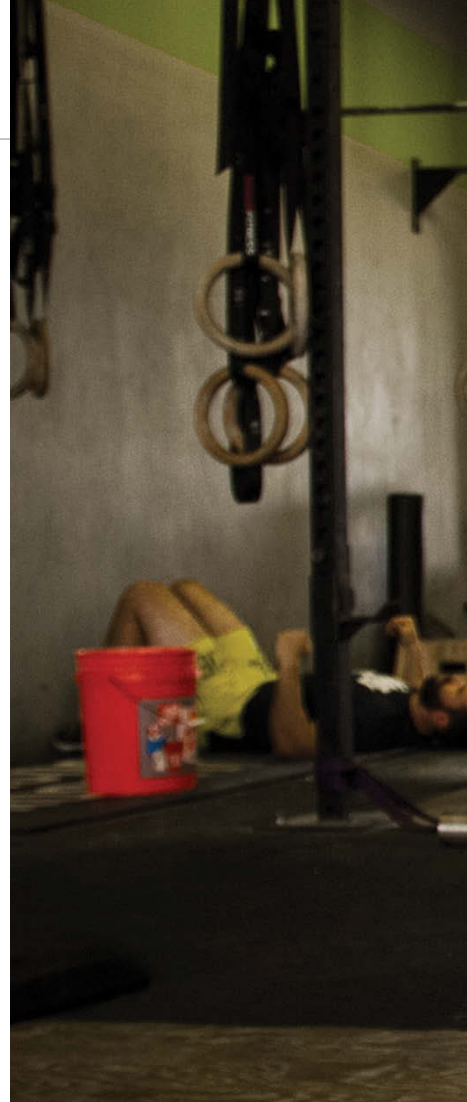
Three months after her accident, Krystal competed in

“I want to be recognized for my athleticism, and not the fact that I am missing an arm.”

trail runs. She met with a coach who helped her to re-learn and adapt CrossFit movements to her new body, and provided her with a game plan for getting her endurance back up. “If I find something that I love, I give it more than my 100 percent,” she says.

When her doctor cleared her for action one month after

the Working Wounded Games, meeting other adaptive CrossFit athletes who also had one arm, and who shared her spirit and fearlessness. Although a back sprain kept her from finishing the competition, she was inspired by her fellow competitors, all of whom continued reaching for their athletic best, without letting their injuries



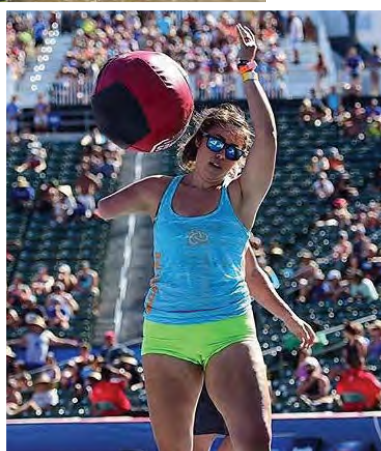
SQUATTING PHOTO: JERRY CANTU



“Sometimes, you just need to shut up, get up and do work.”



ABOVE:
PERFORMING
A HEAVY BACK
SQUAT AFTER
RECOVERING
FROM HER
ACCIDENT.



BELOW:
COMPETING
IN A WOD IN
THE CROSSFIT
GAMES.

define them. Since then, Krystal has entered “as many competitions as [she] could,” including non-adaptive events where she’s faced off against women who don’t have disabilities. “I want to get better and better,” she says. “I want to be recognized for my athleticism, and not the fact that I am missing an arm.”

Despite obstacles, like a recent foot injury that required surgery and limited her workouts, Krystal continues to inspire her friends, family, and more than 17,000 Facebook fans who see her story as a true testament to the power of a positive attitude and determination to never give up. “The minute you tell yourself you can’t, you won’t,” she says. “But staying strong no matter what life throws at you will help you push through the dark days. You can come back with a vengeance.”

And she did. Soon after her foot healed, Krystal reached a new power clean PR of 110 lbs., crushing her past lifts, including those before her amputation. As if that’s not enough, she’s also a Paralympic hopeful, currently training to qualify to represent Team USA at the Rio 2016 Summer Games in the javelin event. She often posts photos and videos to her social media of her latest accomplishments in the gym with the same no-B.S. attitude that’s made her a role model for anyone, with or without a disability. “Sometimes, you just need to shut up, get up and do work,” she comments on one such post. “You have two choices in life,” she says. “You can either sit and fear everything, or you can accept everything as a blessing, fear nothing, and be incredibly happy.”

Women to Watch

Find out how these real women are changing the face of fitness.

WRITTEN BY CHELSEA CLARKE

Courtenay Turner

AGE: 37 **HOMETOWN:** SANTA MONICA, CA
GIG: PRODUCER/STUNTWOMAN **SPORT:** ACROBATICS AND CIRCUS ARTS

PULLING STUNTS: Born with a cataract in one eye, nerve deafness, Hypotonia (loose “ragdoll-like” limbs), and undergoing heart surgery at just one year old, Courtenay’s future looked grim. She started movement therapy at a very young age, hoping to build any kind of muscle strength in her weak limbs. And it worked. As soon as she was able, Courtenay was performing in anything involving movement, including gymnastics, figure skating, and even roller-skating acts. “Being visually and hearing impaired, I am kinesthetic,” she says. “Movement makes me feel alive and connected to the world around me.”


Today, her love of movement is still integral to her daily life. Working primarily in acrobatics and circus arts, Courtenay trains in a variety of movement studies such as AcroYoga, silks, gymnastics, trampoline, and what she calls “monkey-play”—using the available environment (playgrounds, trees, traveling rings) to develop a routine, as well as traditional strength training. Recently, Courtenay began work as a stuntwoman. “I was drawn to it because it encompasses so many of the things I adore: film, performing, athletics, collaboration, and that adrenaline rush!”

Her workout jam:

“‘LOSE YOURSELF’ BY EMINEM. I WAS RUNNING A HALF MARATHON AND WAS SO TIRED I HAD BEGUN TO WALK, BUT WHEN THAT SONG CAME ON, I SPRINTED THE REST OF THE WAY.”



COURTENAY PHOTOGRAPH BY ZERGA ARIANA PHOTOGRAPHY BY ANA ALI SHAWA PHOTOGRAPHY BY PHILL PHOTOGRAPHY



Her go-to lift:
"THE FRONT SQUAT IS A GREAT INDICATOR OF ATHLETICISM. IT REQUIRES TREMENDOUS FLEXIBILITY AND A STRONG UPPER BACK."

Arianna Hoffman

AGE: 24 **HOMETOWN:** SPRINGFIELD, NJ

GIG: PERSONAL TRAINER AND CROSSFIT COACH **SPORT:** OLYMPIC WEIGHTLIFTING

BELL OF THE BAR:

In college, Arianna fell into the freshman trap of an unhealthy lifestyle. But when she was diagnosed later that year with Lyme disease, the constant fatigue forced her to make some changes. She admits that as a child, she was never very active, but signing up for a twice weekly fitness class at her school's gym facilities changed everything. "I hoped that it would inspire me to learn to live healthfully. Little did I know just how far I would take it!" says Arianna. "Exercise helped me regain energy,

and the changes I saw in my body made me feel better than ever before."

Arianna's focus is now on Olympic weightlifting, sometimes training up to three hours a day. Even on her days off, she includes conditioning circuits using a jump rope and bodyweight exercises. Crediting her parents as her biggest supporters, she says, "They are at every meet, screaming like maniacs. I'm so grateful to have parents who support my journey, although it's an unconventional one."

Up next for Arianna is pursuing a Master's degree in Exercise Science, so she can teach young athletes the importance of proper mechanics in her own sports performance center.

Shannon Siemer

AGE: 29 **HOMETOWN:** EFFINGHAM, IL **GIG:** TRAINER **SPORT:** FITNESS AND CROSSFIT

NATURAL BORN ATHLETE:

Being a badass might be in Shannon's DNA. Her mother competed in bodybuilding in her early 20s, and passed her competitive spirit on to Shannon. "My mom is one of the reasons I fell in love with bodybuilding," she says.

From a young age, Shannon shared her mother's passion for athleticism and weight training. Beginning in gymnastics, volleyball and cheerleading, Shannon was driven to build more strength and skill. "The more I trained, the better I performed," she says. But it wasn't until her college's recreation program hosted a campus-wide bodybuilding fitness competition that she felt the urge to follow in her mother's footsteps: Shannon

decided she would train for her first competition. She entered and never looked back.

Now, she ranks consistently in the top 10 in the IFBB Fitness division with more scheduled competitions on the way. In addition to traditional, set-style weightlifting, Shannon trains mostly in CrossFit, crediting its high-intensity, continuously varied functional movement for achieving her best physique. She even competes in the sport, earning her team the Overall Affiliate Champion title in the Rx division of a local competition.

When it comes to staying motivated, Shannon remains on course by staying humble, and constantly learning about her sport. "Strive to learn what you don't know. Your future success and happiness may depend on it."



What makes her proud:

"WIN OR LOSE, SEEING OUR CROSSFIT ATHLETES GIVE 110 PERCENT AT COMPETITIONS."



COACH ANDI

Effective training advice to take your health and fitness to the next level.



Conquer Your Goals

Make your resolutions a reality with these tips for setting your objectives, and sticking to them.

“This year I want to lose weight.” “I want to do a triathlon.” “I want to improve my flexibility.” Sound familiar? Fitness and weight loss goals are always at the top of New Year’s resolutions, with many of us starting out strong

but quickly losing steam. To actually achieve your goals, it’s important to set realistic ones, have a plan, evaluate your progress, and make changes as needed along the way. Here’s how I help my clients set theirs:

1. **Make sure your goals are realistic.** If you want to compete in a triathlon or a fitness competition, give yourself plenty of time to prepare. Choose a race that is at least 12 weeks down the road so that you have enough time to train and condition your body so it’s up for the task.
 2. **Be specific!** “My goal is to get in shape,” is too broad. Narrow it down. Statements like, “My goal is to bench press my body weight,” or “My goal is to get my cholesterol below 200,” will give you something concrete to shoot for.
 3. **Make sure your goals are measurable.** A goal of losing weight is too general and difficult to track the progress. Instead, make it a goal to lose two pounds a month. That way you can see your changes through measurements and photos.
- **Seek out expert help if needed.** Hiring a coach or personal trainer to help you map out a plan and measure progress can help you get over tough hurdles, and motivate you to keep going.
 - **Keep a journal.** Whether using an old fashioned notebook or an app on your phone, record what you are doing; be honest, and hold yourself accountable.
 - **Use technology to stay motivated.** There are so many gadgets on the market to enhance your health and fitness journey. There are many apps that can be downloaded onto your phone, such as food trackers, running apps, free workouts, yoga flows, and guided meditations. Other gadgets such as movement trackers, step counters and heart rate monitors, which give a number to hit each day, can keep you motivated.
 - **Set mini- goals leading up to your big goal.** If you set a goal of 10 unassisted pull-ups, don’t jump right in on day one and expect to be able to do all 10. Start with 1, and work your way up.
 - **Reward yourself for reaching mini- goals throughout your journey.** Items like a new workout outfit, a fitness gadget, or a massage can be great incentives to stay on track.
 - **Evaluate your progress often,** and if you are not making strides towards your goal, make changes.
 - **Most importantly,** make your fitness journey enjoyable!

Happy Training!
Andi

ANDI MARTIN-WAGNER, MS, IS AN EXERCISE PHYSIOLOGIST & HEAD COACH FOR CATHY SAVAGE FITNESS

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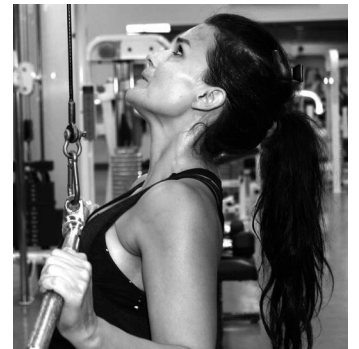
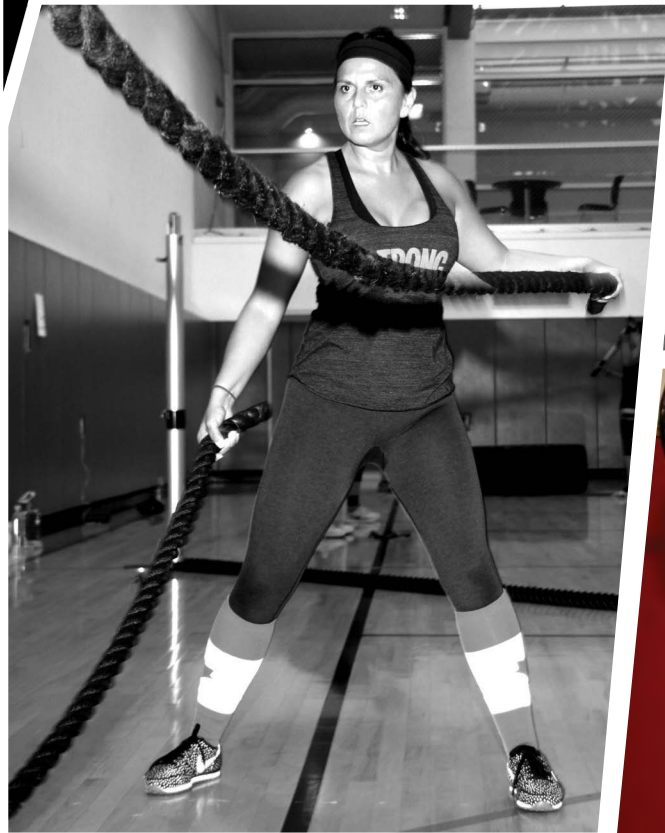
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THESE ARMS ARE
PROOF THAT EVERY
REP IS WORTH IT!





BEST YEAR EVER

Health and fitness hacks to help you kill it in 2016.

4 Instant Diet Upgrades

Do these now, thank us later.

1. Drink water before meals. Chugging one to two glasses of H₂O before eating will not only help you stay hydrated, but it will fill you up so you won't overeat. **Try it:** Drink 500 mL of water 30 minutes before chowing down.
2. Cook with cinnamon. Research shows cinnamon can help steady blood sugar and has antioxidant properties. Bonus: The aroma has been shown to fight fatigue. **Try it:** Add 1-2 tsp of cinnamon to your breakfast smoothie.
3. Sneak greens in everything. A recent study found that the more vegetables you eat, the lower your risk of breast cancer. **Try it:** Add 1 cup of shredded kale to lean ground beef or turkey and make into burger patties.
4. Make rice with coconut oil. The healthy fat converts the digestible starch into the resistant kind, making the rice up to 50 percent lower in calories. **Try it:** Add a bit of virgin coconut oil to the boiling water, then add rice. Once cooked, cool in the fridge for 12 hours.

BE MORE PRODUCTIVE IN: 2 SECONDS

Change your Netflix settings. Disabling the autoplay option means you'll be less likely to binge watch *The Mindy Project* when you could be at the gym or working on your new business. Simply select "Playback Settings" in your account and uncheck the box that says "Play next episode automatically."

MASTER THE PULL-UP

- Incorporate bent-over rows and farmer's walks in your training.
- Go heavy to build strength. Lift 80% of your max.
- Squeeze the bar when you lift to improve grip strength.

Gym Day Checklist

Don't bail on your morning workout... again. Save time by gearing up the night before.

Gym clothes
Sneakers, socks
Extra hair ties
Deodorant/toiletries
Protein powder and shaker
Earbuds
Training journal
Sanitizing wipes
Change of clothes



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FIRESTARTER 10X

STRONG & LEAN 2016

FIRESTARTER 10X:

Ten potent ingredients to dramatically increase metabolism, boost energy and cognitive function for razor sharp focus and mindset.*

A key compound in FIRESTARTER 10X caused test subject to lose 10.95 lbs vs. 5.4 lbs in 60 days with a reduced calorie diet.^Δ

"FIRESTARTER 10X TAKES FAT BURNING TO THE NEXT LEVEL & GIVES ME THE ENERGY TO POWER THROUGH BUSY DAYS AND GRUELING WORKOUTS."

— **ALICIA BELL**
OPA FITNESS ATHLETE
& ELITE TRAINER



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^Δ* In a clinical study, overweight subjects (BMI > 25 kg/m²) consuming 400 mg/day of green coffee bean lost twice as much weight as subjects taking a placebo (10.9 lbs. vs 5.4 lbs.) in 60 days. All subjects reduced their caloric intake by 500 to 800 calories daily during the study.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.